THE CANADIAN FAMILY COOK BOOK

WEIGHTS AND MEASURES

(In ordinary use among honsekeepers)

---

2 Cups lard make 1 pound.
2 Cups butter make 1 pound.
4 Cups pastry or bread flour make 1 pound.
3 7-8 Cups entire wheat flour make 1 pound.
4 1-2 Cups graham flour make 1 pound.
4 1-8 Cups rye flour make 1 pound.
2 2-3 Cups corn meal make 1 pound.
4 3-4 Cups rolled oats make 1 pound.
2 2-3 Cups oatmeal make 1 pound.
4 1-3 Cups coffee make 1 pound.
2 Cups granulated sugar make 1 pound.
2 2-3 Cups powdered sugar make 1 pound.
3 1-2 Cups confectioner's sugar make 1 pound.
2 2-3 Cups brown sugar make 1 pound.
2 Cups chopped meat make 1 pound.
1 7-8 Cups rice make 1 pound.
2 Cups raisins (packed) make 1 pound.
2 1-4 Cups currants make 1 pound.
2 Cups stale bread crumbs make 1 pound.
9 Large eggs make 1 pound.
2 Tablespoonfuls butter make 1 ounce.
4 Tablespoonfuls flour make 1 ounce.
6 Tablespoonfuls baking powder make 1-2 ounce.
3 Teaspoonfuls make 1 tablespoonful.
16 Tablespoonfuls dry ingredient make 1 cup.

4 Teaspoonfuls equal 1 tablespoonful liquid.
4 Tablespoonfuls equal 1 wineglass, or half a gill.
2 Wineglasses equal 1 gill, or half a cup.
2 Gills equal 1 coffee-cupful, or 16 tablespoonfuls.
2 Coffee-cupfuls equal 1 pint.
2 Pints equal 1 quart.
4 Quarts equal 1 gallon.
2 Tablespoonfuls equal 1 ounce, liquid.
1 Tablespoonful of salt equals 1 ounce.
16 Ounces equal 1 pound, or a pint of liquid.
4 Coffee-cupfuls of sifted flour equal 1 pound.
1 Quart of unsifted flour equals 1 pound.
8 or 10 ordinary sized eggs equal 1 pound.
1 Pint of sugar equals 1 pound. (White granulated.)
1 Tablespoonful of soft butter, well rounded, equals 1 ounce.

An ordinary tumberful equals 1 coffee-cupful, or half a pint.

About 25 drops of any thin liquid will fill a common-sized teaspoon.

1 Pint of finely chopped meat, packed solidly, equals one pound.

A set of tin measures (with small spouts or lips), from a gallon down to half a gill, will be found very convenient in every kitchen; though common pitchers, bowls, glasses, etc., may be substituted.

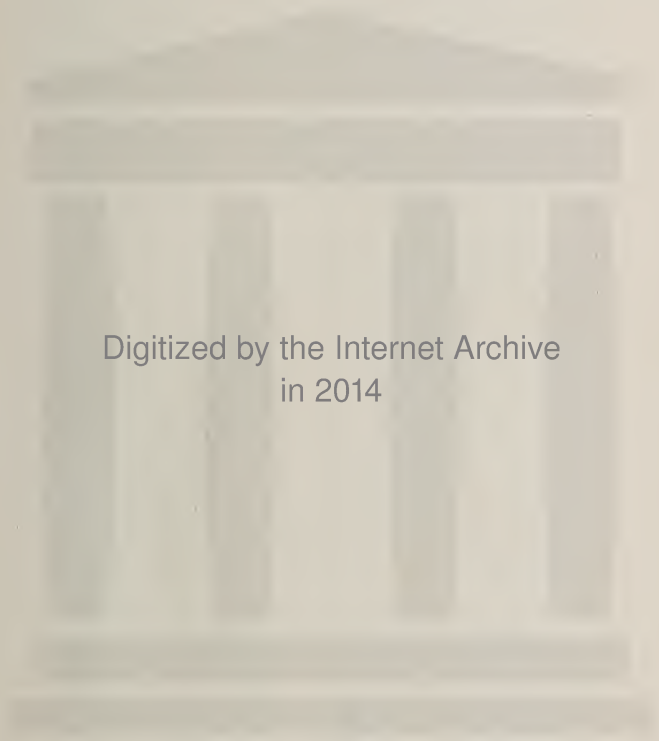

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TABLE SET FOR LUNCHEON

Frontispiece

THE CANADIAN FAMILY COOK BOOK

A VOLUME OF TRIED, TESTED AND PROVEN RECIPES

BY

PROMINENT CANADIAN LADIES

EDITED BY

GRACE E. DENISON

(Lady Gay of "Saturday Night")

REVISED AND ENLARGED EDITION

TORONTO
McLEOD & ALLEN
1914

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SOUPS

Consommé, or Stock, forms the basis of all meat soups, and also of all principal sauces. It is, therefore, essential to the success of these culinary operations to know the most complete and economical method of extracting from a certain quantity of meat the best possible stock or broth. Fresh uncooked beef makes the best stock, with the addition of cracked bones, as the glutinous matter contained in them renders it important that they should be boiled with the meat, which adds to the strength and thickness of the soup. They are composed of an earthy substance—to which they owe their solidity—of gelatine, and a fatty fluid, something like marrow. Two ounces of them contain as much gelatine as one pound of meat; but in them, this is so encased in the earthy substance, that boiling water can dissolve only the surface of the whole bones, but by breaking them they can be dissolved more. When there is an abundance of it, it causes the stock, when cold, to become a jelly. The flesh of old animals contains more flavor than the flesh of young ones. Brown meats contain more flavor than white.

Mutton is too strong in flavor for good stock, while veal, although quite glutinous, furnishes very little nutriment.

Some cooks use meat that has once been cooked; this renders little nourishment and destroys the flavor. It might answer for ready soup, but for stock to keep it is not as good, unless it should be roasted meats. Those contain higher fragrant properties; so by putting the remains of roast meats in the stock-pot you obtain a better flavor.

The shin bone is generally used, but the neck or "sticking piece," as the butchers call it, contains more of the sub-

stance that you want to extract, makes a stronger and more nutritious soup than any other part of the animal. Meats for soup should always be put on to cook in cold water, in a covered pot, and allowed to simmer slowly for several hours, in order that the essence of the meat may be drawn out thoroughly, and should be carefully skimmed to prevent it from becoming turbid; never allow to boil fast at any time, and if more water is neded, use boiling water from the tea-kettle; cold or lukewarm water spoils the flavor. Never salt it before the meat is tender (as that hardens and toughens the meat), especially if the meat is to be eaten. Take off every particle of scum as it rises, and before the vegetables are put in.

Allow a little less than a quart of water to a pound of meat and bone, and a teaspoonful of salt. When done, strain through a colander. If for clear soups strain again through a hair sieve, or fold a clean towel in a colander set over an earthen bowl, or any dish large enough to hold the stock. As stated before, stock is not as good when made entirely from cooked meats, but in a family which requires a large joint roasted every day, the bones and bits and underdone pieces of beef, or the bony structure of turkey or chicken that has been left from carving, bones of roasted poultry, these all assist in imparting a rich dark color to soup, and would be sufficient, if stewed as above, to furnish a family, without buying fresh meat for the purpose; still, with the addition of a little fresh meat it would be more nutritious. In cold weather you can gather them up for several days and put them to cook in cold water, and when done, strain, and put aside until needed.

Soup will be as good the second day as the first if heated to the boiling point. It should never be left in the pot, but should be turned into a dish or shallow pan, and set aside to get cold. Never cover up, as that will cause it to turn sour very quickly.

Before heating a second time, remove all the fat from the top. If this be melted in, the flavor of the soup will certainly be spoiled.

Thickened soups require nearly double the seasoning used for thin soups or broth.

Coloring is used in some brown soups, the chief of which is brown burnt sugar, which is known as caramel by French cooks.

Pounded spinach leaves give a fine green color to soup. Parsley, or the green leaves of celery, put in soup will serve instead of spinach.

Pound a large handful of spinach in a mortar, then tie it in a cloth, and wring out all the juice; put this in the soup you wish to color green, five minutes before taking it up.

Mock turtle, and sometimes veal and lamb soups, should be this color.

Okra gives a green color to soup.

To color soup red, skin six red tomatoes, squeeze out the seeds and put them into the soup with the other vegetables—or take the juice only as directed for spinach.

For white soups, which are of veal, lamb or chicken, none but white vegetables are used; rice, pearl barley, vermicelli, or macaroni for thickening.

Grated carrot gives a fine amber color to soup; it must be put in as soon as the soup is free from scum.

HERBS AND VEGETABLES USED IN SOUPS

Of vegetables the principal ones are carrots, tomatoes, asparagus, green peas, okra, macaroni, green corn, beans, rice, vermicelli, Scotch barley, pearl barley, wheat flour, mushroom or mushroom catsup, parsnips, beet-root, turnips, leeks, garlic, shalots, and onions; sliced onions fried with butter and flour until they are browned, then rubbed through a sieve, are excellent to heighten the color and flavor of brown sauces and soups. The herbs usually used

in soups are parsley, common thyme, summer savory, knotted marjoram, and other seasonings such as bay-leaves, tarragon, allspice, cinnamon, nutmeg, cloves, mace, black and white pepper, red pepper, lemon-peel and juice, orange-peel and juice. The latter imparts a finer flavor and the acid is much milder. These materials, with wine, and the various catsups, combined in various proportions, are, with other ingredients, made into almost an endless variety of excellent soups and gravies.

Soups that are intended for the principal part of a meal certainly ought not to be flavored like sauces, which are only intended to give relish to some particular dish.

STOCK

6 lbs. of shin of beef, or
6 lbs. of knuckle of veal.
Bones, trimmings of poultry, or fresh meat.
¼ lb. of lean bacon or ham.
2 oz. of butter.
2 large onions, each stuck with cloves.
1 turnip.
3 carrots.
1 head of celery.
2 oz. of salt.
½ teaspoonful of whole pepper.
1 large blade of mace.
1 bunch of savory herbs except sage.
4 quarts and ½ pt. of cold water.

Cut up the meat and bacon, or ham, into pieces of about three inches square; break the bones into small pieces, rub the butter on the bottom of the stewpan; put in one-half a pint of water, the broken bones, then meat and all other ingredients. Cover the stew-pan, and place it on a sharp fire, occasionally stirring its contents. When the bottom of the pan becomes covered with a pale, jelly-like substance, add the four quarts of cold water, and simmer very

gently for five or six hours. As we have said before, do not let it boil quickly. When nearly cooked, throw in a tablespoonful of salt to assist the scum to rise. Remove every particle of scum whilst it is doing, and strain it through a fine hair sieve; when cool remove all grease. This stock will keep for many days in cold weather.

Stock is the basis of many of the soups afterwards mentioned, and this will be found quite strong enough for ordinary purposes. Keep it in small jars, in a cool place. It makes a good gravy for hash-meats; one tablespoonful of it is sufficient to impart a fine flavor to a dish of macaroni and various other dishes. Good soups of various kinds are made from it at short notice; slice off a portion of the jelly, add water, and whatever vegetables and thickening preferred. It is best to partly cook the vegetables before adding to the stock, as much boiling injures the flavoring of the soup. Season and boil a few moments and serve hot.

WHITE STOCK

White stock is used in the preparation of white soups, and is made by boiling six pounds of a knuckle of veal, cut up in small pieces, poultry trimmings, and four slices of lean ham. Proceed according to directions given in "Stock," above.

TO CLARIFY STOCK

Place the stock in a clean saucepan, set it over a brisk fire. When boiling, add the white of one egg to each quart of stock, proceeding as follows: beat the whites of the eggs up well in a little water; then add a little hot stock; beat to a froth, and pour gradually into the pot; then beat the whole hard and long; allow it to boil up once, and immediately remove and strain through a thin flannel cloth.

BROWN STOCK

4 lbs. shin of beef or other meat and bones.
4 carrots.
1 turnip.
4 onions.
1 small head of celery.
½ teaspoonful of salt.
½ teaspoonful of peppercorns.
6 cloves.
5 pints cold water.

Cut up the meat and bones and place in the stock pot, pour over the water and skim when boiling. Prepare the vegetables and add. Cover closely and simmer four hours. The spices should be added with the vegetables.

QUENELLES FOR CLEAR OR WHITE SOUP

Melt an ounce of butter in a stew-pan over a gentle fire, beat it up with a dessertspoonful of flour and a tablespoon of cream, so as to make a thick paste; add two ounces of boiled macaroni, two ounces of Parmesan cheese grated, a little salt, pepper, and a grate of nutmeg. Beat the mixture over the fire till smooth and firm and leaves the sides of the saucepan with the spoon. Mould it into quenelles with a teaspoon dipped in hot water, and then poach them in boiling gravy till they are done thoroughly; lift them out with a skimmer, and put them into the tureen with the soup.

CREAM OF ASPARAGUS

Clean a bundle of asparagus, cut off tips and boil in salted water till soft; boil the stalks twenty minutes in a quart of good stock; put two ounces of butter in a stew-pan with two ounces of flour, mix smoothly and pour in the hot stock, having previously pulped the asparagus through a sieve; add one pint of milk; boil up and skim; put the tips in a tureen with a gill of cream; pour in the boiling soup; season with salt and pepper to taste, and serve.

WHITE SOUP

Take a good-sized knuckle of veal, put it on to boil well covered with water, removing the scum as it comes to a boil; boil till the meat comes freely from the bones, which remove, returning the bones into the pot and boil for another three-quarters of an hour, renewing the water when you see fit, so that it may not boil dry; then strain all through a colander; you will then have one and one-half quarts of soup. Set it away in a cool place, and the following day put it on to boil with a quart of milk and a piece of fresh butter the size of an egg. Put one-half teaspoonful of ground mace, ground red or white pepper, and salt to taste; when all comes to a boil have two and one-half tablespoonfuls of flour well blended in cold water, pour this into the boiling soup, then let it boil for three or four minutes; remove the pot from the stove; take the yolks of six eggs well beaten, put a little of the soup with the eggs and mix all together, then pour slowly into the soup, stirring it quietly all the while; the eggs must not be added to the soup while boiling, as they will curdle; this makes a delicious soup when properly made. If preferred, one-half pint of cream can be used instead of the butter. Half the quantity can be made by using half the ingredients.

CARROT SOUP

To each quart of stock allow twelve or thirteen ounces of pulped carrot, salt and cayenne to taste.

Boil as many carrots as required (about four good-sized ones to each quart) till quite tender. Then cut up the red part and rub it through a sieve. Weigh it and add gravy soup or good stock in the above proportions; mix it gradually and season with salt and a little cayenne. Let it boil up, and serve very hot, with a dish of fried bread cut into small squares.

GREEN PEA SOUP

2 qts. stock.
½ peck old peas.
2 lettuce.
1 onion.
1 tablespoonful butter.
1 tablespoonful flour.
A few sprigs of mint.
A little cucumber.

Reserve one quart of stock and a teacupful of peas; put the rest of stock and all the vegetables together and simmer till quite tender, then press all through a sieve; add the remainder of the stock, let it come to the boiling point, and just before serving, if the soup is not very thick, add the butter and flour well mixed together. Boil the teacup of peas by themselves, put them in the tureen and pour the soup over them. Serve with a dish of toasted bread.

HARICOT BEAN SOUP

Two quarts of stock, one pint of haricot beans, pepper and salt to taste.

Soak the beans all night in cold water, drain them and boil in cold water, slightly salted, till quite tender, about one and a half hours. Press them through a sieve with a spoon, and add them (leaving out the husks) to the stock, which should be warm; add pepper and salt to taste, boil up once more, and serve with a dish of fried bread cut into small squares.

KIDNEY SOUP

1 oz. butter.
1 oz. flour.
½ oz. ground rice.
Pepper and salt.
3 qts. cold water.
1 tablespoonful Worcester sauce.
1 tablespoonful mushroom sauce.

Cut the kidneys in thin slices, sprinkle with the ounce of flour, melt the butter, put in the kidney and brown. Then

pour in the water, stir till it boils, skim carefully and allow to simmer slowly for three hours. Put the one-half ounce of rice in a bowl with the sauces. When mixed pour into the soup; stir well till it boils, then cook slowly for ten minutes and serve without the meat. Two large kidneys are sufficient for the above.

KIDNEY SOUP

1 oz. kidney.
1 qt. second stock.
1 tablespoonful mushroom catsup.
1 tablespoonful Harvey sauce.
1 oz. butter.
1 oz. flour of rice.
Pepper and salt.

Wash and pepper, and roll kidney into it, then put in pan with butter and brown quickly; add part of the stock and let it come to the boil and cook a few minutes; put in saucepan with the rest of the stock, and leave to simmer two hours.

MOCK CLAM SOUP

Cook a pint of marrowfat beans over night in water enough to cover them. In the morning drain and put them on the fire with a small onion and a gallon of cold water; boil until tender and strain. Add to the stock a little summer savory, two ounces of butter and a cup of cream or rich milk, season with salt and pepper.

When the soup comes to a boil, cut two slices of toast into dice, and four hard-boiled eggs in slices, put these in the tureen and pour the soup over and serve.

POTATO SOUP

One carrot, one onion, two large potatoes chopped fine. Boil, and put through a colander; then add pepper and salt to taste; add a good sized piece of butter, and one quart of milk; let come to a boil and serve.

POTATO SOUP

To one quart of milk add two stalks of celery, one small onion and one bay leaf; put in a double saucepan and let come to the boil; strain, add a cup of mashed potatoes and a piece of butter the size of an egg; season with salt and pepper to taste; thicken with a little cornstarch and serve very hot.

TURKISH SOUP

1 qt. white stock.
1 gill cream.
Yolks of two eggs.
¼ teaspoonful pepper.
2 tablespoonfuls sago or round tapioca.

When stock is boiling put in the sago (soaked for half an hour); beat yolks with cream, and when sago boils for ten minutes, add a cup of soup gradually to cream and eggs, stirring all the time; put back on the stove and cook a few minutes, stirring all the time.

TRIPE SOUP

Cleanse the tripe thoroughly, slice in small pieces and plunge in boiling water. Remove carefully, wash again in hot water, and if there are any spots black or red left, scrape with a knife. Put in a sauce-pan with plenty of water and a little vinegar and boil until tender.

Break ten eggs in another dish, add salt and lemon-juice, beat thoroughly and stir into it a little of the boiling broth until danger of curdling is past; then add to the tripe and water, cook a moment longer and serve.

SALMON SOUP

1 cup cooked salmon.
1 pt. milk.
1 tablespoonful butter.
1 tablespoonful flour.
Salt and pepper to taste.
1 bay leaf.
1 sprig parsley.
1 slice onion.

Put milk in double boiler, and bay leaf, onion and parsley; let it come to scalding point, rub butter and flour together, put into milk, stir till it thickens; remove flavorings, add salmon, which has been rubbed through a colander, stir until it becomes smooth, add salt and cayenne. Serve.

TOMATO BOUILLON

1 can tomatoes.
1½ qts. stock.
1 tablespoonful chopped onion.
2 bay leaves.
4 whole cloves.
1 level teaspoonful celery seed.
Whites of 3 eggs.
2 tablespoonfuls salt.

Put tomatoes and stock over fire, add onion, bay leaves, cloves, celery and pepper. Cover and cook twenty minutes. Strain through a sieve. Beat whites of eggs till partly light, add these to tomato, bring to boil and boil rapidly five minutes. Strain through two thicknesses of cheesecloth. Re-heat, season with salt and serve with tiny cubes of toasted bread.

TOMATO SOUP

1 can tomatoes.
1 qt. stock.
1 gill cream or milk.
1 oz. butter.
1 oz. flour.
Pepper and salt.

Boil together the stock and tomatoes for fifteen minutes, then rub them through a sieve; melt the butter in a saucepan, stir in flour and strained stock, boil two minutes; allow the boil to go off, then add cream, and do not allow it to boil again or the cream will curdle.

TOMATO SOUP

One quart of peeled tomatoes, to which add a pinch of soda, boil for one hour, or longer. Strain and return to

the fire and add one quart of hot boiled milk; season with salt, pepper, and a small piece of butter; add three tablespoonfuls of rolled crackers and serve hot. Canned tomatoes may be used instead of fresh ones.

TOMATO PUREE

1 qt. canned tomatoes.
1 pt. stock or water (stock is best).
1 bay leaf.
1 sprig parsley.
1 stick celery.
6 peppercorns.
1 teaspoonful sugar.

Simmer together until the tomato is thoroughly soft. In another saucepan put a tablespoonful of butter; when it is hot add a sliced onion, and fry, but not brown it; then add a tablespoonful of flour, and cook, but not brown the flour. To this roux add enough of the tomato to dilute it, and then mix it well with the rest of the tomato, and season with salt. Pass the whole through a fine sieve or strainer. Heat it again before serving, and sprinkle over the top small croutons.

TOMATO BISQUE SOUP

1 qt. tomatoes.
3 pts. milk.
1 large tablespoonful of flour.
Butter size of an egg.
1 scant teaspoonful of soda.
Pepper and salt.

Put tomatoes on to stew and the milk in a double boiler, reserving half a cup to mix the flour. Mix flour smoothly and stir in boiling milk and cook ten minutes. Add soda to tomato, stir well and strain, add butter, salt and pepper to milk and then the tomato.

CREAM TOMATO SOUP

1 can tomatoes.
1 qt. water.
Salt and pepper.
Butter size of egg.
1 qt. milk.
1 teaspoonful soda.

Salt and pepper to taste. Cook tomatoes thoroughly in water; have milk scalding in a double boiler to prevent scorching. When tomatoes are done, add a large teaspoonful of soda, which will cause a violent effervescence. It is best to set vessel in a pan before adding soda, to prevent waste. When the commotion has ceased add milk and seasoning.

CLEAR SOUP

Heat a heaping tablespoonful of butter in a covered saucepan; slice into it a medium-sized onion; stir until the onion is browned; add two pounds of finely chopped lean raw beef, one quart cold water; cover closely and let it simmer three hours. Strain the soup, return to the kettle; add the white and shell of an egg, well beaten, with a little cold water; add also four peppercorns, teaspoonful of salt, two cloves and a blade of mace. Boil five minutes, then drain and serve from a hot tureen.

ONION SOUP

1 qt. milk.
6 large onions.
Yolks of four eggs.
3 tablespoonfuls of butter.
1 tablespoonful of flour.
1 cup of cream.
Salt and pepper to taste.

Put butter in frying-pan, cut onion in thin slices and drop in butter; stir until they begin to cook, then cover tight and set back where they will simmer and not burn for one-half hour, then put milk on to boil; add the dry flour to onions, stir constantly over fire for three minutes; pour mixture into milk and cook for fifteen minutes; strain; season with salt and pepper and return soup to fire; beat yolks thoroughly, add them to the cream and stir into soup. Cook three minutes, stirring constantly. Pour over fried croutons in tureen and serve.

ONION SOUP

Put one tablespoonful of butter in the frying-pan. When hot add one finely chopped onion; fry it until nicely browned, being careful not to burn. Put one quart of soup stock (made from odds and ends of cold meat) into a stew-pan; add the fried onion and cook for fifteen minutes. Strain; return to the fire, add one tablespoonful of flour wet in a little cold water, to thicken, and boil for five minutes longer. Season with one-half a teaspoonful of salt and one-quarter teaspoonful of pepper. Cut two slices of stale bread into dice; brown the dice in the oven, put them in the soup tureen, pour the soup over them and serve at once before they become soft.

GIBLET SOUP

Heat one quart of chicken stock. You can utilize for this the liquor in which a fowl has been boiled, or that in which the carcasses of cooked fowls have been boiled for hours. When it boils, stir in the finely minced giblets of two fowls with a little chopped parsley, cook half an hour and thicken with two tablespoonfuls of brown roux. Season judiciously. This popular soup is made still better if force-meat balls of hard-boiled yolks, rubbed to a paste with a little butter, bound with a raw egg and rolled in browned flour, be dropped in one minute before the soup leaves the fire.

GIBLET SOUP

This soup is a great success and is very inexpensive, a plate of giblets only costing at market five cents. It is a very good imitation of mock turtle soup. The giblets of four chickens or two turkeys are required, one medium onion, one carrot, half a turnip, a few sprigs of parsley, all of which come in the ordinary soup bunch. Heat butter size of an egg in stew-pan, throw in the sliced onion, later the minced carrot and turnip; when tender and a light

brown, add the giblets, stirring in a tablespoonful of flour. Be careful to stir often that they do not burn. Now cut up giblets and put with vegetables into soup kettle with tablespoonful of salt, teaspoonful of pepper and three quarts of water, or stock in part, if you have it, or any chicken bones. Let this simmer slowly for three hours or more; then strain it. Take all the livers, mash into them a tablespoonful of melted butter, tablespoonful browned flour; squeeze the juice of small lemon into this and add to the soup. Place in tureen yolks of three hard-boiled eggs cut in half-dozen pieces, pour over the soup; serve.

VEGETABLE SOUP

In summer soup should be light and appetizing, as few people desire rich food in any form at this season of the year. Many very excellent soups are made of vegetables, and the housekeeper can have her family partake daily of light, healthful soups at a small cost, which will be more acceptable than the usual meat and fish soups. Peel and slice two potatoes, parboil them in enough hot water to cover them. While they are cooking, chop two tomatoes, slice the corn off two ears of corn, and add one slice of onion, which you have saved from breakfast. Drain the potatoes, and put all on to cook in two quarts of cold water. When done, rub all through a colander, return the soup to the pot, add a level tablespoonful butter, one teaspoon salt, one-half teaspoon pepper and one of minced parsley. If not thick enough, moisten a teaspoonful of flour with cold water, thin with the soup and stir in; let boil up once, and it is ready for the table.

VEGETABLE SOUP

To one quart of common stock add one pint of parboiled mixed vegetables cut into small dice. Simmer until the

vegetables are tender but not pasty. Season with salt, pepper, and one teaspoonful of sugar. Serve without straining.

VEGETABLE PUREE

Ingredients.—Onions, carrots, potatoes (boiled first), beans of any kind, parsnips, celery, peas, leek, turnips; cauliflower, etc.

Cut up a large plateful of any and all kinds of vegetables you happen to have—always having potatoes or beans for thickening. First, put into a saucepan a teacup of dripping or stock-fat, and when very hot add the sliced onions; stir well to prevent them burning, and when they are red stir in a large spoonful of flour till it is of the same color. Now stir in a pint of hot water and some pepper and salt—mind not to add the pepper and salt at first, as the onions and flour would then more readily burn. Now add the rest of the vegetables, and let them simmer, adding more hot water as necessary, for two hours; then press them through a colander, return them to the range and let them simmer till the moment of serving.

GUMBO SOUP

Try out the fat of a slice of bacon, drain it off, and in it fry the slices of a large onion brown. Peel and cut up two quarts of fresh tomatoes, and cut thin one quart of okra. Put all together with a little chopped parsley (one teaspoonful) in a stew kettle with three quarts of hot broth of any kind. Let it cook slowly for three hours. Season with a scant tablespoonful of salt and half a teaspoonful of pepper. In the winter a large can of tomatoes and a can of okra may be used instead of the fresh vegetables.

MARROWBALL SOUP

Let piece of marrow, size of egg, melt slowly. When slightly cooled add one cup grated bread crumbs, yolk of

one egg, salt, nutmeg to flavor; mix well with little cold water. Take a teaspoonful, drop into boiling stock; do not cover the kettle; should the ball fall apart more bread crumbs should be added. Put the mixture in by the spoonful, and let boil slowly three minutes.

CREAM OF BARLEY SOUP

Boil one knuckle of veal or chicken or turkey bones in two quarts of cold water very gently for three hours; skim and strain. Wash a half cup of pearl barley in cold water; cover it with the white broth you have just made. Cover the saucepan and cook very gently until the barley is tender. Then remove one-third of the barley, set aside, and rub the remaining portion through a sieve. Now place in the saucepan the whole barley grains, also the barley and stock you have passed through the sieve, add half a pint of boiling cream, season to taste with salt and pepper. Throw into the soup fifteen beef balls, boil up once and serve three balls to each person.

CHICKEN BROTH

Cut up the fowl and put it into the pot with four quarts of water (cold); stew until there are but three quarts left. Take out the chicken; season the liquor and add a small cupful of rice. Cook rice tender. If you like you may add a cup of milk, and one or two beaten eggs just before serving. Stew, not boil, the chicken.

CHICKEN AND CORN BROTH

1 qt. stock (see below).
1 can corn, chopped (or 8 ears).
1 tablespoonful butter in 1 of flour.
1 tablespoonful minced parsley.
1 tablespoonful green onion tops.
1 cup boiling milk.
Pepper and salt.

Even in the country, where old fowls must be disposed of in some way, it is seldom economical to boil them to pieces just to make soup. But if you will save the liquor in which these have been boiled the day before for the table, a delightful broth may be made. One quart of the liquor cleared of fat after it is cold. Boil corn and liquor slowly together one hour after they begin to bubble. Rub thoroughly through a colander, season, and add herbs. Heat to boiling, stir in the floured butter, simmer five minutes, pour into the tureen, and add the boiling milk.

PLAIN CHICKEN SOUP

1 fowl.
4 qts. water.
1 cupful rice.
1 slice onion.
2 sticks celery.
1 sprig parsley.
Salt and pepper.

Place the fowl, cut into pieces, in a saucepan with four quarts of cold water; when it comes to the boiling-point, draw it aside and let it simmer for three hours; then add one thick slice of onion, two sticks of celery, one sprig of parsley, and one cupful of rice, and simmer for another hour; strain and let the soup stand until the grease can be taken off the top. Remove the meat, bones, and vegetables from the strainer, and press the rice through the sieve; stir this into the soup; season with salt and pepper, and heat again before serving; a little cream may also be added. This soup is also good thickened with a little roux or with cornstarch. For the latter, take two tablespoonfuls of the cold stock; stir into it one tablespoonful of cornstarch; then stir it into the soup, and let cook for ten minutes to take away the raw taste of the starch, and to make it clear. Pieces of the breast cut into dice may also be added.

CHICKEN BROTH

1 fowl.
4 qts. water (cold).
½ cupful of rice.
Salt and pepper.

Clean the fowl carefully; wash it with a wet cloth; cut it into pieces and remove the fat. Place the joints in a saucepan with a quart of water to each pound of fowl. Let it simmer until the meat is tender; then remove the breast; after four hours take it off and strain it through a sieve. Let the soup stand until the grease rises; then carefully remove it, and put the soup again in the saucepan; add the breast of the chicken, cut into dice, and the half cupful of rice; salt and pepper to taste, and cook until the rice is tender.

HIGHLANDER'S DELIGHT

2 lbs. veal and 3 lbs. of bones from neck or knuckle of calf (well cracked).
1 onion minced.
1 turnip.
1 carrot grated.
4 qts. cold water.
Bunch sweet herbs chopped.
½ cup barley.
Salt and pepper.
1 tablespoonful oatmeal.

Put meat, cut into dice, bones, chopped vegetables, and herbs on in the water and boil very slowly six hours. Season and set away in a cold place until next day. Take off the fat two hours before dinner, strain out the soup into a kettle and add the barley, which has been already soaked in warm water two hours, and cooked fifteen minutes in enough boiling water to cover it well. Put in with it the water in which it has been cooked, and simmer all together for half an hour. The oatmeal should have been soaked several hours in a little warm water. Stir it into the soup, and let all boil gently together for one hour before pouring out.

VERMICELLI OR SPAGHETTI SOUP

Break the vermicelli or spaghetti into inch lengths, and cook tender and clear in boiling salted water. Drain this off; spread the vermicelli upon a dish and allow it to get almost cold, when drop into a quart of (cleared) boiling stock; let it just boil again, and serve. The pipe macaroni may be used in like manner, cut into quarter-inch lengths after it is cooked.

CLEAR TAPIOCA SOUP

Soak two tablespoonfuls of pearl tapioca in a large cup of cold water four hours, then stir into a quart of well-seasoned boiling clear stock, and simmer ten minutes. Pearl sago may be substituted for tapioca if desired, but should be soaked four hours in cold water, and one hour in hot, before it goes into the soup.

MOCK TURTLE SOUP

1 calf's head and 2 feet.
2 veal cutlets.
1 pt. browned flour.
5 onions.
1 lemon.
A little savory, thyme and marjoram.
5 eggs boiled hard.
A few spices.
2 wineglasses port or sherry.

One calf's head and two feet; boil in plenty of water until the bones will draw out. Boil two veal cutlets in the same water until tender for forcemeat balls. To the liquor then put brown flour, onions cut in thin slices and fried in butter with salt, pepper, and spices. Before skimming the soup put in savory, marjoram and thyme. Chop with the veal for balls a very little spice. Take the pieces of cheek which boil off the head and cut in little squares and add to soup. Boil four or five eggs hard. Chop the whites and put yolks whole in the soup. When you serve the soup put in wine to taste, port or sherry, say two wineglasses, and slices of lemon, or squeeze and stir the juice in.

CLEAR BROWN SOUP

Clear the stock as directed in recipe for Amber Soup, and stir in enough caramel to color it to your liking, bearing in mind that too much will give a sweetish taste to the liquid. The caramel is made by heating granulated sugar in a tin cup or agate iron saucepan until it bubbles brownly all over. Add, at once, boiling water, a tablespoonful for each spoonful of the sugar—and stir until the sugar is dissolved. It will keep well in the refrigerator for a week or more. Some palates enjoy the flavor of cloves and allspice in browned soup. The whole spices are used and strained out before the caramel goes in. Allow six cloves and four allspice to a quart of stock. Onion flavor should be imparted by grating a raw onion and squeezing the juice through a cloth into the heating stock.

CREAM OF TURNIP SOUP

One quart of lamb or mutton broth. Two cups of turnip dice. Use white, young turnips. Cook in the liquor half an hour after the boil begins, and when very tender, rub through a colander. Return to the fire and proceed as with cream of celery soup, only putting in both white and yolk of the egg.

CREAM OF LETTUCE SOUP

Shred finely two heads of lettuce—the greener the better. Cook for half an hour in a quart of good stock, rub through a colander; return to the fire; stir into a cup of this two tablespoonfuls of white roux and a tablespoonful of cold boiled onion, minced fine, and one of minced parsley. Heat a cup of milk in another vessel, season with pepper and salt, stir in a well-whipped egg, and pour this mixture into the tureen, adding finally the lettuce soup.

CREAM OF SORREL SOUP

This is best when made from the more delicate species of sorrel, such as infests our flower-borders, but the commoner red sorrel of the farm can be used.

SCOTCH BROTH

1 qt. stock (see below).
½ cup pearl barley or rice.
1 medium-sized onion minced.
1 tablespoonful minced parsley.
2 tablespoonfuls white roux.

Obtain the stock by boiling down the water in which a leg of mutton was cooked until you have half the original quantity. Or by boiling for eight hours the bones left from roast mutton, or the "trimmings" sent home by the butcher who prepared the roast and chops for the table. If raw meat and bones are used, allow one quart of water to each pound. Be careful to skim all the fat from the stock. Mutton-fat is tallow, unpalatable and indigestible. Wash the barley or rice and soak in cold water one hour. Put the stock over the fire with the onion and bring to a rapid boil. Add the barley (or rice) and simmer for three-quarters of an hour; put in the parsley and cook five minutes more before stirring in.

SCOTCH BROTH

Two pounds of the scraggy part of a neck of mutton. Cut the meat from the bones, and cut off all the fat. Then cut meat into small pieces and put into soup pot with one large slice of turnip, two of carrot, one onion and a stalk of celery, all cut fine; half a cup of barley and three pints of cold water. Simmer gently two hours. On to the bones put one pint of water; simmer two hours and strain on the soup. Cook a tablespoonful of flour and one of butter together until perfectly smooth, stir into the soup, and add a teaspoonful of chopped parsley. Season with salt and pepper.

ENGLISH BARLEY BROTH

One quart of strong stock made by boiling the bones of a rib-roast, or steak well broken, with a pound of underdone beef for six hours. Or if raw meat is at hand, allow for a pound of chopped lean beef and the cracked cooked bones aforesaid, three pints of water and stew it down in four hours to one quart. (Let it get cold and take off the fat, of course). One onion, one carrot cut into dice, and one small turnip also cut up small. Half a cup of barley soaked for an hour, with minced parsley and sweet marjoram, pepper and salt to taste.

Parboil the vegetables, drain them and put into the soup-kettle with the barley and the cold stock. Bring to a slow boil and keep this up for an hour, before the parsley goes in.

CAULIFLOWER BROTH (WITHOUT MEAT)

1 fine cauliflower.
2 tablespoonfuls butter rubbed into one of cornstarch.
1 onion.
Bunch of parsley.
2 blades of mace.
2 qts. water.
2 cups milk.
Pepper and salt.
A pinch of soda in the milk.

Cut the cauliflower into bunches, reserving about a cupful of small clusters to put whole into the soup. Chop the rest, also the onion and herbs, and put on in the water, with the mace. Cook an hour, and rub through a colander. Return the purée thus obtained to the pot, and season with pepper and salt. As it boils, stir in the whole clusters, previously boiled tender in hot, salted water, and left to cool. When the soup is again hot, put in the butter and cornstarch; stir until this has thickened; pour into the tureen, and add the boiling milk. Pass sliced lemon and cream-crackers with it.

CORN CHOWDER

12 ears of corn.
2 onions sliced.
3 large potatoes parboiled.
6 Boston crackers well buttered and soaked five minutes in hot water.
3 tablespoonfuls butter.
1 cup milk.
1 beaten egg.
1 qt. boiling water.
Parsley.
Pepper and salt.
A pinch of soda in the milk.

Fry the onions in two tablespoonfuls of butter in the soup-kettle. Remove this to the table and take out the onions with a skimmer, leaving the browned butter in the bottom. Put into this a layer of corn cut from the cob, then of crackers, next of sliced parboiled potatoes, seasoning as you go, until all the ingredients are in. Cover with the hot water, and cook gently for about forty minutes after it begins to boil. Heat the milk in a separate vessel, stir into it a tablespoonful of butter rolled in flour, and at last a beaten egg. Pour the milk into the tureen, then the chowder, stirring all the while. This broth or chowder may be made in winter with canned corn, but is not nearly so good as when fresh is used.

LIVER SOUP

A palatable and inexpensive soup is made of one quart of stock, obtained by boiling four slices of corned lean ham, or a corned ham-bone, with a sliced onion, in two quarts of water until it is reduced one-half. Chop the "left-overs" of fried or stewed liver fine with a little ham, and add to the stock. Season to taste; thicken with a brown roux, and pour upon a handful of croutons in the bottom of the tureen. The heart, that usually comes with the liver, if boiled tender in the hamstock, may be minced and added. Any slices of fried breakfast bacon left in the pantry, if chopped

fine, will improve the flavor. If while on the look-out for "left-overs," you espy a cold boiled, fried, or poached egg on the shelf, mince it, and let it also go into the soup. Season with pepper and minced parsley. You will be surprised to find how good the product of the hunt proves to be.

RABBIT OR "OLD HARE" SOUP

1 rabbit cut up.
½ lb. salt pork minced fine.
1 large onion, chopped.
1 stalk celery, chopped.
1 sprig parsley, chopped.
1 gallon of water.
1 heaping tablespoonful brown roux.
1 teaspoonful of Worcestershire sauce.
1 tablespoonful tomato catsup.
1 glassful brown sherry.
Juice of ½ lemon.
2 tablespoonfuls good drippings.
Salt and pepper to taste.

Fry the onion in the dripping, and when lightly browned, add the pieces of rabbit, cover with cold water and cook very slowly for four hours, or until the meat is in rags. Season with salt and pepper. Let all get cold together. Skim off the fat; strain through a coarse cloth, return to the fire and when it boils thicken with the roux; put in the catsup, wine, lemon-juice, and, if you fancy, a pinch of ground allspice. If not brown enough, color with a little caramel.

MULLIGATAWNY SOUP

One quart of chicken, veal, or calf's-head broth. One small onion, minced. A pinch of mace. Half a cupful of soaked rice. Juice of a lemon. One generous tablespoonful of brown roux. One teaspoonful of curry powder. Salt to taste. One teacupful of strained tomato-juice.

SPLIT-PEA OR BEAN SOUP

1 cup split peas.
or
1 cup dried beans.
1 tablespoonful of butter.
1 tablespoonful of flour.
2 qts. of water.
½ teaspoonful of sugar.
Salt and pepper to taste.

Let the peas or beans soak over night in three quarts of cold water. Put the soaked peas or beans into a saucepan with two quarts of water and a ham-bone, if you have it, otherwise it may be omitted. Let simmer for four or five hours, or until the peas or beans are perfectly soft. (Add more water from time to time, if necessary.) Then pass them through a sieve; add to the pulp enough stock, or milk, or water to make a soup of the consistency of cream. Put it again into a saucepan on the fire; season, and add a roux made of one tablespoonful of butter and one tablespoonful of flour cooked together; dilute the roux to smoothness with a little of the soup before adding it to the pot. The roux will hold the particles of peas or beans in suspension. Without it they are liable to precipitate. An onion may be boiled with the peas or beans if desired. Serve croutons on the soup, or pass them.

CREAM OF OYSTERS

Scald a quart of oysters in their own liquor. Remove the oysters; chop and pound them in a mortar, then press as much of them as possible through a purée sieve. Make a roux of one tablespoonful of butter and a heaping tablespoonful of flour. Dilute it with the oyster juice. Add the oyster pulp; season it with pepper, salt and paprica, and keep it hot until ready to serve. Just before serving add a half pint of whipped cream, and beat it well into the soup.

MUTTON BROTH

The neck or shoulder-pieces may be used for broth. The meat should be cut into pieces and the fat removed. To each pound of meat add one quart of cold water; simmer for four or five hours; strain it into an earthen bowl; when ready to serve, remove the grease, and add to each quart of stock one stick of celery, two tablespoonfuls of rice, salt and pepper to taste, and boil until the rice is soft. The water in which a leg of mutton has been boiled will make a good mutton soup, but is not rich enough for a broth to be served to an invalid.

BROTH MADE QUICKLY FOR INVALIDS

Broth may be made quickly by chopping lean meat to a fine mince. To a pound of meat add one pint of cold water; let soak for fifteen minutes; then let slowly boil for half an hour; season and strain.

CALF'S-HEAD OR MOCK-TURTLE SOUP

Make a brown roux by putting in a saucepan one tablespoonful of butter, let it brown, add two tablespoonfuls of flour, and let that brown; then add, slowly at first, one and a half or two quarts of water in which a calf's head has been boiled, white wine instead of vinegar being used in the boiling. Add three or four strained tomatoes and simmer for one-half hour. Skim off any fat and season with salt and pepper. Add some pieces of boiled calf's head cut in pieces one-half inch square, a few egg balls, two or three tablespoonfuls of sherry, and a few very thin slices of lemon.

OYSTER SOUP

Scald a quart, or twenty-five, oysters in their own liquor. As soon as they are plump, or the gills curl, remove them

(oysters harden if boiled). Add to the liquor a cupful of water. Make a roux of one tablespoonful each of butter and flour, dilute it with the liquor, and when it is smooth add a cupful of scalded milk or cream. Season with pepper, salt, if necessary, and a dash of cayenne or paprica; then add the oysters, and as soon as they are heated serve at once. In oyster houses finely shredded cabbage with a French dressing is served with oyster soup, and is a good accompaniment when served for luncheon. Oysters should be carefully examined, and the liquor passed through a fine sieve before being cooked, in order to remove any pieces of shell there may be in them.

OYSTER SOUP

1 knuckle veal.
1 small onion.
2 blades mace.
2 small red peppers.
2 or 3 celery leaves.
½ pt. cream.
½ pt. milk.
1 qt. oysters.

Boil veal with onion, mace, peppers, celery leaves and salt to taste, in four quarts of water, adding more water till the meat is boiled to shreds. Strain and set the liquor to cool. When cold skim off every particle of fat, and leave behind any grounds that may be at the bottom of the jelly, which should be firm. Put the jelly over the fire; when boiling add cream and milk; thicken with flour previously blended to the consistency of cream, or oyster crackers powdered. Stir till the soup is thickened, then add the oysters, stirring constantly for three or four minutes. A small knuckle of veal should make about three quarts of strong jelly.

CLAM SOUP

Remove the clams from the shells as soon as they have opened. Put them in a warm place, until the juice is prepared. Add a cupful of hot milk to a quart of juice, and

thicken it with a roux made of one tablespoonful of butter and one tablespoonful of flour; then add the clams, chopped fine, season, and bring the soup again to the boiling-point and serve. Two spoonfuls of whipped cream served on each plateful of soup is an improvement to the dish.

CONSOMME

4 lbs. shin of beef.
4 lbs. knuckle of veal.
4 qts. of water (cold).
2 oz. lean ham or bacon.
6 cloves.
6 peppercorns.
2 stalks of celery.
Rind and juice of one lemon.
Bouquet of herbs.
1 tablespoonful of salt.
3 onions.
1 carrot.
1 turnip.
2 sprigs of parsley.
3 eggs (whites and shells).

Wipe and cut the meat and bones into small pieces. Put the marrow, bones, and part of the meat in the kettle, with four quarts of cold water. Heat slowly; cut the onions and vegetables fine, and fry them in the ham fat or in drippings, then brown the remainder of the meat. Add onions, meat, herbs, spices and vegetables. Simmer until the meat is in rags; it will take about seven hours. Strain, and when cold remove the fat and add the whites and shells of the eggs, lemon and salt and pepper, if needed. When well mixed heat it, and boil ten minutes. Strain through fine strainer, and heat again to the boiling point before serving. Serve clear, or with wine or lemon. It should be of a light brown or straw color.

OX-TAIL SOUP

1 ox tail.
2 lbs. lean beef.
4 carrots.
3 onions.
Thyme.
4 qts. cold water.

Cut the tail into several pieces and fry brown in butter. Slice the onions and carrots, and when you remove the ox-tail from the frying-pan, put in these and brown also. When done tie them in a bag with a bunch of thyme and drop into a soup pot. Lay the pieces of ox-tail in the same, then the meat cut into small slices. Grate over them the two whole carrots, and add four quarts of cold water with pepper and salt. Boil four to six hours, in proportion to the size of the tail. Strain fifteen minutes before serving, and thicken with two tablespoonfuls of browned flour. Boil ten minutes longer.

DUCHESS SOUP

One pint white stock, one pint brown stock, salt and cayenne, four teaspoonfuls rice-flour. Strain and pour over well beaten yolks of two eggs. Soup must not be allowed to boil after this. Before serving add half a cup of whipped cream.

CREAM OF CELERY SOUP

1 pt. milk.
1 tablespoonful of flour.
1 tablespoonful of butter.
Long stalks of 3 heads of celery.
1 small onion.
A little mace.
1 cup of whipped cream.

Boil onion, celery and mace from thirty to forty minutes. Mix flour with two tablespoonfuls of cold milk and add to boiling milk; cook ten minutes; mash the celery in the water it was boiled in and stir in boiling milk; add butter and season with salt and pepper to taste; strain, and serve immediately. Whip a cup of cream and add to soup after it is in the tureen.

CREAM OF CELERY SOUP

Pint of milk, thickened with flour and cornstarch, a dash of red pepper, a slice of onion, a blade of mace; boil together; add a head of celery previously cut in pieces, boiled and mashed, in salted water in which boiled. When well blended strain; add lump of butter; stir over fire till blended. If very special add a cupful of whipped cream after soup is dished in very hot tureen. [This soup should be made, as all other milk soups, in double boiler.—Ed.]

PEANUT SOUP

One quart of rich milk, one large cupful of peanuts, measured after they have been shelled and skinned. Put milk on to cook in a double boiler; add salt to taste, and season highly with black and red pepper. Add the peanuts, which have been put through a meat chopper two or three times until they are ground fine. Cook twenty or thirty minutes. Just before taking from the fire add a cupful of cream. Strain.

MILK POTATO SOUP

Heat one pint of milk, thicken it with one tablespoonful of flour and one tablespoonful of butter; add half a teaspoonful of salt, a little pepper, quarter of a teaspoonful of onion juice, two large potatoes; mash and strain.

VEAL SOUP

Put a knuckle of veal into three quarts of water, a little salt and one tablespoonful of rice, boil slowly, hardly above simmering, until liquor is reduced one-half; remove from the fire. Into a dish put the yolk of one egg; stir well into it a cup of cream; add a piece of butter the size of a hickory nut. Into this strain the soup boiling hot, stirring all the time; just at last beat well for one minute.

MUSHROOM SOUP

One-half pound fresh mushrooms; remove the stock and mash mushrooms, chop them fine with a silver knife. Put on fire, melt one quart good chicken stock, cover and simmer gently for thirty minutes, add one teaspoon salt and simmer ten minutes longer; put two tablespoons butter in a saucepan, add (dry) three tablespoons flour; cook one minute; add one-half pint cream to your mushrooms, and add by degrees to your butter and flour, with care to keep good thickness, smooth; stir till it comes to a boiling point; add a dash of white pepper. For luncheon serve in cups.

DAHL SOUP

One-half pint of dahl, washed, three pints of cold water; let it stand two hours. Then add two small heads of celery, or one teaspoonful of celery seed tied in a muslin bag, one blade mace, one-half dozen peppercorns, one onion, one ounce butter and one of flour mixed together; pepper and salt. Serve with toasted dice-bread.

WRITTEN RECIPES

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FISH

Dress fish as quickly as possible after they are taken from the water. Wash and rub the inside with salt. Do not soak in water long, as the flesh is apt to become flabby. Lard and butter in equal quantities is better for frying fish than butter alone. Frozen fish should be put in cold water to draw out the frost. Add a little vinegar to the water in which salt fish is soaked. Soak salt fish in sour milk to freshen them. Pour vinegar over fresh fish to make the scales come off easily.

Fish can be improved in flavor by rubbing with vinegar or adding one-half cup of vinegar to the water in which it is boiled. Fish, when prepared for the table, should never be laid double, if it can be avoided, as the steam from the under layer makes the upper layer so soft as to break easily. They must be cooked until the flesh separates easily from the bones. By running a knife in a little way, say under the fins, so as not to spoil the appearance of the fish, this can be judged of.

All kinds of cooked fish can be served with salads. Lettuce is the best green salad to serve, but all cooked and cold vegetables go well with fish. Whatever the method of cooking, apply great heat at first to sear the outside and prevent the escape of the juices, except for a soup or chowder.

To scale a fish hold it by the tail under water (which is salted) in a deep pan, and with a small, sharp knife held slanting, scrape the scales from the tail toward the head. The scales will come off easier under water and will fall to the bottom of the pan instead of flying about. Wipe the fish on an old soft towel and lay it on a board or a large

platter. Cut off the head and tail, and if it is to be broiled split it down the back. This is done by passing the knife one side of and close to the backbone, from the head to the tail, cutting carefully until the entrails are reached. Remove them carefully and scrape the inside of the fish and all the blood from the backbone. If preferred, the backbone can be removed entirely. Wipe the fish inside and out with a cloth wrung out of salted water, lay it on a dish and keep it in a cool place until wanted. For baking or frying, the fish may be opened down the body.

The only secret in boning is to hold the knife close to the bone, scraping away every particle of flesh. To remove the skin, loosen it with a knife around the head and pull quickly toward the tail. If the fingers are dipped in salt occasionally it will give them a firmer grip on the slipping fish. This will be done in the market if the purchaser so directs. In freshening salt fish lay it in the water skin-side up. Baking, boiling, frying, broiling and steaming are the standard methods of cooking fish.

BROILED FISH

Broiling is assuredly the oldest method of cooking, and no new one surpasses it. The skin of small or thin fish serves to keep them in shape. Slices of halibut or salmon may be broiled whole, or the skin and bone removed and cut in fillets. Clean and split the fish. Rub a double broiler with suet, lay the fish, flesh side down, on and set over the fire; turn until both sides are brown. When done take up carefully on a heated dish, sprinkle with salt and pepper, spread with butter and serve.

BOILED FISH

This is thought to be the most delicate of all, but on account of its slippery skin and gelatinous consistency, it is

hard to boil it so that its appearance will gratify the eye. To attain the best results, several rules are to be remembered and observed. First, the fish must be weighed. Second, it must be carefully bound up in thin muslin; coarse cheese-cloth is excellent for the purpose. Third, the kettle must be large enough to accommodate the fish easily, and the water must be well salted first, or the flakes will have a tendency to separate. Fourth, the water must be at boiling point, but not boiling when the fish is put in, and should be in sufficient quantity to fully cover it, but not in excess, or the flavor will be washed away. For a large fish, add three tablespoonfuls of vinegar to the water. Fifth, keep the water boiling, and allow six minutes to each pound, and if the fish is large, add six minutes to the computation; for instance, make the thirty-six minutes due a six-pounder, forty-two minutes. Never stab a fish with a fork or skewer to find if it is done, but see that the water boils steadily and does not stop for an instant. If the water boils turbulently, the kettle must be moved to a part of the stove where it can have a less fierce heat, as too much agitation of the water will cause it to crumble. A fish boiler is best to use. Serve with drawn-butter and hard-boiled eggs sliced. Garnish also with parsley and sliced lemons. Some like tomato catsup poured over the fish, without the eggs and lemons.

BAKED FISH

Procure a fish of three or four pounds, season with one heaping tablespoonful of salt, one teaspoonful of pepper. Rub the seasoning well in and outside the fish; place the fish with two sliced onions on a large dish; sprinkle over the juice of one large lemon; cover and set aside for one hour, then lay the fish in a baking-pan with four thin slices of pork under it, and three slices of pork on top. Pour one tablespoonful of melted butter over and bake forty-five minutes. Serve in a hot dish garnished with lemon cut into quarters,

and parsley. It can be baked without the onion or lemon, but these improve its flavor. If salt pork is not at hand, grease the pan thoroughly with lard and lay a sheet of nice brown paper, cut to the size of the pan, in the bottom. Grease the paper thoroughly and lay the fish upon it. Baked in this way, it can easily be taken from the pan without breaking it at all, and the trouble of cleaning the pan afterwards, which is not a little when the baking is done in the usual manner, is entirely avoided.

MODES OF FRYING

The usual custom among professional cooks is to entirely immerse the article to be cooked in boiling fat, but from inconvenience most households use the half-frying method of frying in a small amount of fat in a frying-pan. For the first method a shallow iron frying-kettle, large at the top and small at the bottom, is best to use. The fat should half fill the kettle, or an amount sufficient to float whatever is to be fried; the heat of the fat should get to such a degree that, when a piece of bread or a teaspoonful of the batter is dropped in it, it will become brown almost instantly, but should not be so hot as to burn the fat. Some cooks say that the fat should be smoking, but my experience is, that is a mistake, as that soon ruins the fat. As soon as it begins to smoke it should be removed a little to one side, and still be kept at the boiling point. If fritters, crullers, croquettes, etc., are dropped into fat that is too hot, it crusts over the outside before the inside has fully risen, making a heavy hard article, and also ruining the fat, giving it a burnt flavor.

Many French cooks prefer beef fat or suet to lard for frying purposes, considering it more wholesome and digestible, does not impart as much flavor, or adhere or soak into the article cooked as pork fat.

In families of any size, where there is much cooking required, there are enough drippings and fat remnants from roasts of beef, skimming from the soup-kettle, with the addition of occasionally a pound of suet from the market, to amply supply the need. All such remnants and skimmings should be clarified about twice a week, by boiling them all together in water. When the fat is all melted, it should be strained with the water and set aside to cool. After the fat on the top has hardened, lift the cake from the water on which it lies, scrape off all the dark particles from the bottom, then melt over again the fat; while hot strain into a small clean stone jar or bright tin pail, and then it is ready for use. Always after frying anything, the fat should stand until it settles and has cooled somewhat; then turn off carefully so as to leave it clear from the sediment that settles at the bottom.

The second mode of frying, using a frying-pan with a small quantity of fat or grease, to be done properly, should in the first place have the frying-pan hot over the fire, and the fat in it actually boiling before the article to be cooked is placed in it, the intense heat quickly searing up the pores of the article and forming a brown crust on the lower side, then turning over and browning the other the same way.

Still, there is another mode of frying; the process is somewhat similar to broiling, the hot frying-pan or spider replacing the hot fire. To do this correctly, a thick bottom frying-pan should be used. Place it over the fire, and when it is so hot that it will siss, oil over the bottom of the pan with a piece of suet, that is, if the meat is all lean; if not, it is not necessary to grease the bottom of the pan. Lay in the meat quite flat, and brown it quickly, first on one side, then on the other; when sufficiently cooked, dish on a hot platter and season the same as broiled meats.

DRESSING FOR FRIED FISH, OYSTERS OR CUTLETS

Soda biscuits, seasoning, eggs. Roll biscuits (if a bottle is used for this it will be found to roll the biscuits as fine as flour), add seasoning, pepper and salt for fish and oysters; for cutlets, thyme, sweet marjoram and summer savory. Beat eggs, dip oysters or any fry in them, roll in seasoned cracker crumbs, and fry in butter or lard.

CANAPEES OF SARDINES

Sardines, the yolks of three or four hard-boiled eggs, a little butter, mustard, pepper, and vinegar, slices of toast.

Take some slices of roll and cut them neatly into oval or octagon shapes. Toast them slightly, or fry them in oil or butter till they are of a nice yellow color. Take some sardines and strip them from the bones; lay one-half of them aside, and pound the other to a smooth paste with the eggs and butter. Add the mustard, pepper and vinegar. When these ingredients are well mixed, spread the paste over the prepared slices of toast. On the top lay the other half of the sardines, cut into small strips, stand them in a Dutch oven before the fire and serve very hot.

SARDINES ON TOAST

Sardines, cayenne, and lemon-juice.

Scrape and bone the sardines, lay them on a plate; sprinkle them with lemon-juice and a little cayenne pepper. Stand them in the oven until thoroughly hot; have ready some neat slices of hot-buttered toast; lay the sardines on these and serve at once.

This dish may be varied by spreading the toast with anchovy paste before laying on the sardines.

SARDINES AU GRATIN

Lift each fish carefully from the oil in which it was put up, hold suspended for a moment to let most of the oil drip

from it, squeeze a few drops of lemon-juice upon it and roll in very fine, peppered cracker-dust. Lay upon a buttered tin, or stoneware plate, and brown lightly upon the upper grating of a quick oven. Pass crackers, heated and buttered, and sliced lemon with them. They are a good luncheon or supper dish.

SARDINE SAVOY

Cut three slices of bread a little larger than the size of a sardine, fry a delicate brown on both sides, place a sardine on each and make them hot in the oven. Pour over them the following sauce: Beat up two eggs and mix with a quarter ounce of butter, one teaspoon Tarrago vinegar, quarter teaspoon made mustard, salt to taste, and a little Worcester sauce. Put these in a small saucepan and stir over the fire until it thickens (not boils).

ANGELS ON HORSEBACK

Twelve oysters, twelve round croutons; twelve pieces of bacon two inches long and one-half inch wide. Beard and trim each oyster and put one on each piece of bacon, squeeze on each a drop of lemon juice and a very little cayenne, and roll it up in the bacon. Cook it in a brisk oven (long enough to cook the bacon) and serve very hot, dished on watercress.

FRIED OYSTERS

Drain and wipe fine large oysters, dip each first in cracker-dust (peppered and salted), then in beaten egg, and again in the cracker, and arrange upon a large cold platter. Set upon ice for half an hour and fry in butter that has been gradually brought to a boil. Cook a few at a time, and if the crumbs come off in the fat, strain them out before the next instalment goes in.

SCALLOPED OYSTERS

Cover the bottom of a greased bake-dish with oysters, and the oysters with fine cracker-crumbs. Sprinkle these with pepper, salt, and bits of butter; then lay in more oysters and go on in this order until all are in. The top layer should be of crumbs and well buttered. Pour over each layer of oysters as it goes in, a few spoonfuls of oyster liquor, and upon the crumbs the same quantity of cream. Bake, covered, in a quick oven until hot all through, uncover and brown lightly. Serve with sliced lemon. You may fill clam-shells, or silver or china scallop shells in like manner.

SCALLOPED OYSTERS

Scald a quart of oysters in their own liquor till plump; drain and place to keep warm; sauce of one tablespoon each of butter and flour; one cup of hot milk and oyster liquor each; heat in a pan two teaspoons of butter, and brown six tablespoons of bread crumbs, put three tablespoons of chopped celery in the bottom of a bake dish, then the white sauce flavored with salt and pepper to taste, lastly the crumbs on top. Place in oven and heat thoroughly; serve very hot.

SCALLOPED OYSTERS

Pick over, rinse, drain, and dry the oysters, which should be of fair size. Break an egg into a saucer; add a tablespoonful of warm water and beat just enough to mix. Have ready in a bowl a quantity of fine bread-crumbs. Drop each oyster in the beaten egg, then into the crumbs, and lay in a buttered dish. When the bottom of the dish is covered with the oysters sprinkle over them a little salt and pepper, a few drops of onion-juice and a tablespoonful of chopped celery. Fill the dish in the same order; put over the top one tablespoonful of butter; cut into pieces; pour over one-half of a cupful of thin cream and bake about twenty-five minutes in

a hot oven. This amount will be sufficient for thirty oysters.

CURRIED OYSTERS

2 doz. oysters.
1 onion.
1 tablespoonful of curry.
1 dessertspoonful of flour.
2 oz. of butter.
Juice of a lemon.

Chop the onion up quite fine, mix the curry-powder, flour and butter together, and put all these ingredients into a stew-pan, and simmer till of a nice brown, stirring all the time; add the liquor of the oysters and the lemon-juice, and boil together for five minutes. Put in the oysters, boil up once, and serve with a dish of rice.

KEBOBBED OYSTERS

50 oysters.
2 tablespoonfuls chopped parsley.
2 tablespoonfuls chopped celery.
2 eggs.
1 pt. bread-crumbs.
Butter, salt and pepper.

First drain oysters. Beat two eggs and add to them a tablespoonful of oyster liquid. Put on a board a pint of bread-crumbs. Have at your left side an ordinary baking-dish. Lift the oysters by the muscular part, dip them in egg, then in bread-crumbs, and put them at once in the bottom of the baking-dish. Sprinkle over half a teaspoonful of salt, a dash of pepper, a sprinkling of parsley and celery; then dip and put in another layer of oysters, etc., until all are used. Cut small pieces of butter over the top and bake in a quick oven for fifteen or twenty minutes. Serve in the dish in which they were baked. These are much better than scalloped oysters, and make a very acceptable luncheon dish.

OYSTER COCKTAIL

Put three or four oysters in a glass (small lemonade glass), mix cayenne, lemon-juice and tomato sauce, also put

a few drops of tobasco sauce (very little). Let all stand in glasses, on ice, for about three hours. Serve glasses on small plate and watercress around the glasses.

OYSTER COCKTAIL

(For Twelve Persons.)

60 small oysters.
3 tablespoonfuls of fine grated horseradish.
1 teaspoonful of tobasco sauce.
2 tablespoonfuls of vinegar.
5 tablespoonfuls of Worcestershire sauce.
3 tablespoonfuls of tomato catsup.
1¼ teaspoonfuls of salt.

Clean and chill oysters; mix with sauce and serve in sherry glasses, in grape-fruit or lemon shells, or in tomato cups. If fresh tomatoes are not at hand cups may be shaped from tomato jelly.

DRESSING FOR OYSTER COCKTAIL

Juice of four lemons, two tablespoonfuls onion juice, six tablespoonfuls tomato catsup, four tablespoonfuls grated horseradish, ten drops of tobasco, one small teaspoonful salt; add sufficient vinegar to make a thin sauce.

FISH LEFT OVER

Make one cup tomato sauce by cooking one teaspoonful of minced onion in one teaspoonful of butter until it is yellow; add a level tablespoonful of flour and when well mixed and bubbling, stir it into a cup of hot stewed tomatoes. When it has cooked a little and is thick, season to taste. Take one part each of cold boiled fish and macaroni with one-quarter cup of cheese; cut into small bits one cold egg. Strain the tomato sauce over them and one-quarter cup of fine cracker crumbs, moistened in one-third cup of melted butter on the top. Bake till brown.

BAKED FISH

Take any cold boiled fish, free from bones (canned salmon will do), pour over it a cup or more of cream or milk mixed with a little flour, butter, pepper, and salt. Put small bits of butter on top, and bake one-half hour. Cracker crumbs are an improvement.

SOLES IN BATTER

1 pair of soles (not thick).
Pepper and salt.
Lard or drippings for frying.
Batter:
½ lb. flour.
2 oz. butter.
½ teaspoonful salt.
2 eggs.
Milk to mix it.

Fillet the soles, and cut each fillet in two pieces, that they may not be too large, and sprinkle them with pepper and salt. Make a light batter with the above ingredients, taking care that it is not very thin; dip each piece of fish into this, and fry quickly in boiling fat to a golden brown. Arrange them in a circle, one overlapping the other, on a hot dish, and garnish with fresh or fried parsley. They are best served as soon as cooked. Melted butter may be sent to table with them in a tureen, if liked.

BAKED COD

Middle part of large fresh cod, or small whole one.
1 teacup of breadcrumbs peppered and salted.
2 tablespoonfuls of chopped salt pork.
1 tablespoonful of herbs (parsley, marjoram and thyme).
A suspicion of onion.
1 tablespoonful of Harvey's sauce, or anchovy.
½ teacup of melted butter.
Juice of half a lemon.
1 beaten egg.

Lay the fish in cold, salted water for half an hour, then wipe it dry, and stuff it with a force-meat, made of crumbs, pork, herbs, onions and seasoning, bound with the beaten

egg. Lay it in the baking-dish, and pour over it the melted butter, which should be quite thin, seasoned with the sauce, lemon-juice, pepper, and a pinch of parsley. Bake in a moderate oven for an hour, or longer, if the piece is large, basting frequently, lest it should brown too fast. Add a little butter and water if the sauce thickens too much. When the fish is done, remove it to a hot dish, strain the gravy over it, and serve. A few capers or chopped green pickles are considered a pleasant addition to the sauce.

SALT CODFISH BALLS

Cover six pared or quartered potatoes with boiling water. Put a cupful of picked codfish above the potatoes and cook until tender, drain, mash and season to taste. Add a beaten egg and beat the mixture until light; shape into smooth, light balls, fry in beef fat, smoking hot; drain carefully and serve at once.

CREAMED CODFISH (SALT)

Soak all night, changing the water several times and having the last bath quite hot. Boil tender in hot water with a tablespoonful of vinegar. Take out the bones while hot, and let it cool before picking or shredding it into fine flakes. Heat a cupful of milk, stir into it a tablespoonful of butter rolled in one of flour, cook until it thickens well, take from the fire and add two beaten eggs. When these are well mixed, add the shredded fish, and cook two minutes, stirring steadily. A tablespoonful of minced parsley is an improvement, also a little lemon-juice. Season with cayenne or paprica. Serve hot.

CREAMED CODFISH

Pick one cup of fish fine, then freshen in cold water; bring just to a boil, then drain; then take one cupful of good cream and one cupful of milk, two tablespoonfuls of flour;

make smooth with some of the milk; add one tablespoonful of butter and more salt if necessary.

CODFISH IN CREAM

Shred and soak half a cup of salted codfish over night. In the morning drain, place in a stew-pan, cover with cold water; when it boils, drain; cover again with water and simmer gently for fifteen minutes; add one cup of rich milk. Rub one spoonful of flour smooth in one spoonful of butter; add to the codfish; mince one hard-boiled egg, stir into the mixture; add a pinch of pepper and a teaspoonful of minced parsley. Boil up once.

CUTLETS OF COD OR SALMON

Three pounds of fish cut in slices three-quarters of an inch thick from the body of the fish, a handful of fine bread-crumbs, with which should be mixed pepper and salt, and a little mixed parsley and one egg, beaten light. Enough butter, lard, or dripping to fry the cutlets.

Cut each slice of fish into strips, as wide as your two fingers, then dry them with a clean cloth, rub lightly with salt and pepper, dip in the egg, then the breadcrumbs, and fry in enough fat to cover them well. Drain away every drop of fat, and lay upon hot white paper in a heated dish.

CODFISH BALLS

The purified, shredded codfish, to be bought by the box from any grocer, is best for these. Soak it for two or three hours, then boil for fifteen minutes in water that has had a tablespoonful of vinegar stirred into it, and spread upon a sieve to get cold. Allow to each cupful of fish half as much mashed potato whipped to a soft cream. Mix them together well, make very hot over the fire and beat in a frothed egg for every cupful of fish. Season with pepper. Let the mixture get quite cold, make into balls, roll in flour, and set in

a cold place to stiffen. If you wish them for breakfast you will do well to make them the night before. Roll again in flour and fry in deep fat to a yellow-brown.

SALT COD WITH EGG SAUCE

1 lb. salt cod soaked, boiled and picked up very fine.
1 small cup milk or cream.
1 teaspoonful flour.
2 eggs beaten light.
2 tablespoonfuls of butter.
Little chopped parsley.
Half as much mashed potato as fish.
Pepper to taste.

Heat the milk, thicken with the flour, then the potato rubbed very fine; next, the butter, the eggs, and parsley; lastly the fish. Stir and toss until smoking hot all through, when pour into a deep dish.

Or, make a sauce of all the ingredients except the fish and potato. Mix these well together with a little melted butter, heat in a saucepan, stirring all the while; heap in the centre of a dish and pour the sauce over all.

SALMON WITH POACHED EGG

Stamp out the required number of rounds of bread an inch thick, cut the centres out of these, leaving a case with a narrow rim. Brush over the outsides of cases with melted butter and brown in oven; fill the space in the centre with canned salmon flaked and heated in a cup of cream sauce; lay a poached egg above the salmon; serve garnished with parsley and sliced lemon. (These are good even without the eggs.)

MOULDED SALMON

½ lb. of cold salmon.
2 eggs beaten light.
2 tablespoonfuls of butter (melted but not hot).
1 tablespoonful of fine bread crumbs.
Seasoning of salt.
Pepper and minced parsley.

Chop the fish fine, then rub it in a mortar or bowl with the back of a silver spoon, adding the butter until it is a

smooth paste; beat the breadcrumbs into the eggs, and season before working all together. Put it into a buttered pudding-mould, and steam or boil for half an hour.

Sauce for the Above.—One cup of milk, heated to a boil and thickened with a tablespoonful of cornflour, one large spoonful of butter, one raw egg, one teaspoonful of anchovy, mushroom or tomato catsup, a small pinch of mace, and one of cayenne. Put the egg in last, and very carefully boil one minute to cook it, and when the pudding is turned from the mould, pour over it and serve. This is a nice supper dish, and canned salmon may be used for it if liked, and the liquor added to the sauce.

BAKED SALMON WITH CREAM SAUCE

A middle cut of salmon, four tablespoonfuls of butter, melted in hot water. For the Sauce—A cup of cream, one teaspoonful of cornflour, one tablespoonful of butter, pepper, salt and parsley.

Butter a sheet of foolscap paper on both sides, and wrap the fish up in it, pinning the ends securely together. Lay it in the baking-pan and pour six or seven spoonfuls of butter-and-water over it. Turn another pan over all, and steam in a moderate oven from three-quarters of an hour to an hour, lifting the cover from time to time to baste, and assure yourself that the paper is not burning. Meanwhile have ready in a saucepan a cup of cream, in which you would do well to dissolve a bit of soda a little larger than a pea. This is a wise precaution whenever cream is to be boiled. Heat this in a double boiler, thicken with a heaping teaspoonful of cornflour, add a tablespoonful of butter, pepper and salt to taste, a liberal pinch of minced parsley; and when the fish is unwrapped and dished pour half slowly over it, sending the rest to table in a boat.

If you have no cream use milk, and add a beaten egg to the thickening.

STEAMED SALMON

1 can of salmon.
1 cup of fine breadcrumbs.
1 teaspoonful of chopped parsley.
2 eggs.
1 tablespoonful melted butter.
A little milk is an improvement.

Steam in a mould one hour. Make a white sauce; season with teaspoonful anchovy sauce and pour over the salmon when served. This is a luncheon dish.

SALMON CREAM

½ can salmon well blended.
Yolks of two eggs.
2 pinches of salt.
¼ teaspoonful of cayenne.
½ teaspoonful mace.
Small piece of onion.
8 tablespoonfuls milk or cream.
Small piece of butter.
2 tablespoonfuls of breadcrumbs.

Mix well, put in mould and steam; serve with butter sauce.

Butter Sauce.—Butter size of an egg, two tablespoonfuls flour, pinch of salt; mix well on stove, add boiling water, stirring all the time.

SMOKED SALMON

Soak over night, changing the water three times for warmer. In the morning rub hard to get rid of the smoke and rust, leave in ice-water half an hour, wipe dry, rub with olive oil and vinegar and broil over a clean fire. Pass sliced lemon with it.

A QUICK RELISH OF SMOKED SALMON

Half a pound of smoked salmon cut into narrow strips; two tablespoonfuls of butter; juice of half a lemon; cayenne pepper. Parboil the salmon ten minutes; lay in cold water for the same length of time; wipe dry, and broil over a clear

fire. Butter while hot, season with cayenne and lemon-juice, pile in a "log-cabin" square upon a hot plate, and send up with dry toast.

SALMON IN A MOULD

Drain the liquor from one can of salmon, and remove the bones and skin. Chop fine and rub into it until smooth. four tablespoonfuls of melted butter, season with salt, pepper and minced parsley, also a little celery, if liked. Beat four eggs well, add half a cupful of cracker-crumbs, mix all well and thoroughly. Put into a buttered mould and steam one hour. Sauce.—Boil one cupful of milk and thicken with one tablespoonful of cornstarch; add to the liquor from the salmon, one tablespoonful of butter, one egg, and one teaspoonful of catsup. Put the egg in last and very carefully. Boil one minute. Turn the salmon out of the mould and pour the sauce around.

CREAMED SALMON

Delightful supper dish easily prepared.

Take a tin of salmon, empty on a dish and flake with a fork. Have ready a sauce made in double boiler from one pint of milk, butter size of an egg, one teaspoonful of flour, with salt and cayenne pepper to taste. Melt butter and flour until smooth and add milk slowly. When it boils remove from fire and add two well-beaten eggs. Put alternate layers of salmon and sauce in baking dish until all is used; cover with layer of cracker or bread-crumbs; bake fifteen minutes and serve hot.

SALMON LOAF

1 can of salmon minced. ½ cup of breadcrumb.
4 eggs. Season with salt and pepper.
4 tablespoonfuls of melted butter.

Pick fish fine; rub butter smooth; beat the crumbs into the eggs, and season before mixing; steam one hour in a buttered mold. Sauce—One cup of milk thickened with one tablespoonful of cornstarch, one tablespoonful butter; add the liquor off the fish and one raw egg, then pour over the loaf.

BOILED SALMON

Sew up the fish in a piece of thin muslin, or mosquito-netting, fitted well to it, and boil in salted boiling water to which two tablespoonfuls of vinegar have been added. Take off the cloth carefully when the fish has boiled twelve minutes to the pound, and lay upon a hot platter. Pour over it a few spoonfuls of egg sauce into which has been stirred a tablespoonful of capers, and serve the rest in a gravy-boat. Garnish with nasturtiums, or parsley, or cresses.

EELS STEWED A L'AMERICAN

3 lbs. eels, skinned, cleaned, and fat removed from inside.
1 young onion chopped.
4 tablespoonfuls of butter.
Pepper and salt.
Little chopped parsley.

Cut the eels in pieces, about two inches in length; season and lay in a saucepan containing the melted butter. Strew the onion and parsley over all, cover the saucepan closely, and set in a pot of cold water. Bring this gradually to a boil, then cook very gently for an hour and a half, or until the eels are tender. Turn out into a deep dish.

MAYONNAISE OF FISH

1 lb. of fish, cooked.
3 hard-boiled eggs.
2 tablespoonfuls of best oil.
6 tablespoonfuls of vinegar.
1 teaspoonful of salt.
½ teaspoonful mustard.
½ teaspoonful pepper.
2 heads blanched lettuce.
2 teaspoonfuls of sugar.

Rub the yolks of the eggs smooth with the oil, add the sugar, salt, mustard and pepper, and when these are well mixed, the vinegar, a few drops at a time. Set it by, covered, while you cut—not chop—the fish into strips about an inch long, and shred the lettuce. Mix these in a salad bowl, pour over the dressing and garnish with rings of the whites of the eggs. Serve as soon as it is ready or the lettuce will become limp.

If preferred, the lettuce may be laid around the fish after the dressing is poured on, instead of being mixed with it.

FISH CUTLET

2 cups of boiled fish.
1 cup of milk or cream.
1 large tablespoonful of butter.
3 tablespoonfuls of flour.
Yolks of 2 eggs.
1 tablespoonful of chopped parsley.
Pepper and salt to taste (little onion juice and nutmeg, if you wish).

Put milk on to boil, rub butter and flour together well and add to milk, then parsley. Add yolks of eggs, then the fish and stir until well mixed, then season. When cold form into cutlets; roll with a little flour, dip in egg and then in breadcrumbs. Fry in dripping.

Sauce.—Tablespoonful of melted butter, one of flour, stir smoothly, add one cup of milk; salt and pepper.

FISH BALLS A LA NORRIS

1½ cups of minced fish.
¾ of a tablespoonful of butter.
¾ of a cup of milk.
1½ tablespoonfuls of flour.
1 tablespoonful of chopped parsley.
¼ teaspoonful of celery salt.
Grating of nutmeg.
Salt and pepper.

Butter and flour put in saucepan stirred until well blended; add milk, cook, stirring constantly till it leaves

bottom and sides of pan; add flavorings, seasoning and fish; mix well together; form into balls without using flour; arrange down the centre of a dish which has been garnished with a puree of peas and potatoes (using pastry bag). Garnish with parsley.

FISH ENTREE

1 can salmon.
2 eggs well beaten.
1 cup breadcrumbs.
A small piece of butter.
Pepper and salt.

Put in a bowl and steam two hours. Serve with a drawn-butter sauce, in which can be added two hard-boiled eggs, chopped fine.

CROQUETTES OF LOBSTER

Meat of 1 fine lobster well boiled.
2 eggs.
2 tablespoonfuls of butter.
½ cup of fine breadcrumbs.
1 teaspoonful of anchovy sauce.
Yolks of 2 eggs, boiled and rubbed to powder, then beaten into the butter.
1 good teaspoonful of lemon juice.
Pinch of mace and lemon peel.
Yolks of 2 raw eggs beaten very light.
Salt and cayenne pepper.

Mince the meat, work in the butter, melted, but not hot; then the seasoning, the raw eggs, and lastly the bread-crumbs. Make into oblong balls, set on the ice for two hours and fry quickly in deep cottolene. Drain them of every drop of fat by rolling each, for an instant, very lightly upon a hot, clean cloth. Be sure your dish is well heated. Crab croquettes are made in the same way.

CURRIED LOBSTER

2 cups of lobster dice.
2 cups weak stock.
1 teaspoonful minced onion.
2 teaspoonfuls of curry powder.
Saltspoon of salt.

Fry the onion in the butter, add the salt, the stock, the curry, and cook gently for five minutes, before putting in the lobster. Serve as soon as this is thoroughly heated. Pass plain boiled rice with this dish.

BERLINER LOBSTER

1 fresh lobster.
Butter size of egg.
Yolks 3 eggs.
½ pt. cream.
1 small glass sherry.
Salt and paprica to taste.

One lobster, cut into small pieces, put in butter, melt quickly in double boiler. Beat up yolks eggs with cream; beat slowly while standing in another dish of hot water till creamy, then take off the fire. Add salt and paprica to taste and small glass of best sherry. Pour over lobster and serve quickly and hot.

SAVORY CREAM (COLD ENTREE)

A small lobster or 1 can passed through a sieve.
½ pt. of cream.
1 gill tomato juice.
1 gill aspic jelly.
1 tablespoonful of mayonnaise.
¼ oz. or little more of gelatine.

Put a little aspic jelly in the bottom of a border mould, decorate with small pieces of lobster and small leaves of parsley. Beat gelatine in tomato juice, whip the cream; also whip the aspic. Mix these together. Stir in the mayonnaise and the melted gelatine and tomato, also your lobster. Fill the mould carefully and set. When cold turn out and fill the centre with small salad.

LOBSTER CUTLET

A dainty little dish is made from half a tin of lobster drained, the juice saved for panada of one ounce of butter,

one ounce of flour, half a teaspoonful of salt, a dash of pepper, preferably cayenne; one gill of lobster juice; if not enough juice add milk. Boil well, add two tablespoonfuls cream and one of lemon-juice; stir in lobster, chopped fine; beat all well together and cool. When set divide in small portions, form cutlets; for bone stick in a small bit of macaroni; egg and biscuit-crumb the cutlets and fry in butter. To be served in a circle round a centre of fried parsley.

SCALLOPED LOBSTER

Butter the dish, chop the lobster quite fine; layer of lobster and cracker-crumbs alternately; salt, pepper, and butter; moisten with milk. Bake for twenty minutes.

SALT MACKEREL WITH TOMATO SAUCE

Proceed as with boiled mackerel, but when dished, pour over it, instead of the white sauce, one of tomatoes, stewed, strained, seasoned with onion-juice, pepper, salt, and sugar, and thickened with a brown roux of butter and flour. Let the fish lie in this for ten minutes and serve.

SMOKED HERRING, ALEWIVES, BLOATERS, ETC.

Wash thoroughly, wipe dry, wrap them in clean, wet manilla paper, and leave in a quick oven for fifteen minutes. Serve with sliced lemon.

FINNAN HADDIE

A Scotch delicacy that is becoming popular with us. Wash thoroughly, leave in cold water half an hour, then for five minutes in very hot. Wipe, rub over with butter and lemon-juice and broil fifteen minutes.

STEWED FROGS' LEGS

Skin, lay in milk for fifteen minutes; roll in peppered and salted flour, and sauté in hot butter for three minutes. Cover (barely) with hot water, and stew tender. Twenty minutes should suffice. Heat half a cupful of cream to boiling, stir in a tablespoonful of butter rolled in flour, boil up, and turn into the saucepan where the frogs' legs are simmering. Season with pepper, salt, and a little chopped parsley. Cook gently for three minutes and serve.

FRIED FROGS' LEGS

Only the hind legs are eatable. They are very good, having a curious resemblance to the most delicate spring chicken. Skin, wash, and lay in milk for fifteen minutes. Without wiping them, pepper and salt, and coat with flour. Fry in deep boiling fat to a light brown. Or—Wipe off the milk, dip in egg and pounded cracker, and fry.

CLAMS A LA FINANCIERE

2 doz. clams.
1 slice mild ham.
1 teaspoonful chopped parsley.
Salt and red pepper.
½ teaspoonful chopped onion.
1 tablespoonful chopped celery.
½ can French mushrooms.
½ can French peas.

Open clams, taking care to retain all the liquor found in shell, also shells to serve up in. Stew in their own liquor for five minutes, cut into pieces the size of peas. Take ham, cut into small dice; place in a small saucepan on fire with sufficient butter to prevent burning; fry to a light

brown color, then add chopped onions, chopped celery; mushrooms, peas; parsley. Mix in the clams and their liquor. Season to taste with red pepper and salt; stew for fifteen minutes. Serve in their own shell made hot, with borders of mashed potatoes and garnished with parsley and lemon.

BOILED BASS

Put enough water in the pot for the fish to swim in easily. Add half a cupful of vinegar, a teaspoonful of salt, an onion, a dozen black peppers, and a blade of mace. Sew up the fish in a piece of clean mosquito-netting, fitted to its shape. Heat slowly for the first half hour, then boil twelve minutes to the pound, quite fast. Unwrap, and pour over it a cup of drawn-butter, based upon the liquor in which the fish was boiled, with the juice of half a lemon stirred into it. Garnish with sliced lemon.

BROILED SALT MACKEREL

Wash and scrape the fish. Soak all night, changing the water at bed-time for tepid, and again early in the morning for almost scalding. Keep this hot for an hour by setting the vessel containing the soaking fish on the side of the range. Wash, now, in cold water with a stiff brush or rough cloth, wipe perfectly dry, rub all over with salad oil and vinegar, or lemon-juice, and let it lie in this marinade for a quarter of an hour before broiling it over clear coals. Lay on a hot dish and spread with a mixture of butter, lemon-juice, and minced parsley. The mackerel will be so far superior to that cooked in the old-fashioned way that it will amply repay you for the trifling additional work.

FRIED PICKEREL

Clean, wipe dry, roll in salted and peppered flour, or dip in egg and roll in seasoned cracker-dust, and fry quickly in deep cottolene or oil brought slowly to the boil.

BROOK TROUT

Clean, wash, and dry the fish, handling tenderly, not to mar its beauty or flavor, roll in salted and peppered flour, and fry in deep fat to a delicate brown. Serve up on folded tissue-paper in a hot-water dish, if you have one. The simpler the seasoning the better.

FILLETS OF HALIBUT, BLACK-FISH, BASS, ETC.

The word fillet, whether applied to fish, poultry, game, or butcher's meat, means simply the flesh of either (or of certain portions of it), raised clear from the bones in a handsome form, and divided or not, as the manner in which it is to be served may require. It is an elegant mode of dressing various kinds of fish, and even those which are not the most highly esteemed, afford an excellent dish when thus prepared. The fish to be filleted with advantage, should be large; the flesh may then be divided down the middle of the back, next separated from the fins, and with a very sharp knife raised clean from the bones. When thus prepared, the fillets may be divided, trimmed into a good form, egged, covered with fine crumbs, fried in the usual way, and served with the same sauces as the whole fish; or each fillet may be rolled up, in its entire length, if very small, or after being once divided, if large, and fastened with a slight twine, or a short thin skewer; then egged, crumbed, and fried in plenty of boiling lard; or merely well floured, and fried from eight to ten minutes. When the fish are not very large, they are sometimes boned without being parted in the middle, and

each side is rolled from the tail to the head, after being first spread with butter, a few bread-crumbs, and a high seasoning of mace and cayenne; or with pounded lobster mixed with a large portion of the coral, and the same seasoning, and proportion of butter; then laid into a dish, well covered with crumbs of bread and clarified butter, and baked from twelve to sixteen minutes, or until the crumbs are colored to a fine brown in a moderate oven.

The fillets may likewise be cut into small strips or squares of uniform size, lightly dredged with pepper or cayenne, salt, and flour, and fried in butter over a brisk fire; then well drained, and sauced with a good bechamel, flavored with a teaspoonful of minced parsley.

COLLOPED HALIBUT

Cut the fish into nice cutlets, of about an inch thick, and fry them; then put them into a broth made of the bones, four onions, a stick of celery, and a bundle of sweet herbs, boiled together for half an hour. Strain this broth, thicken, then flour and lay them in a stew-pan with some good broth, and let them stew gently until perfectly tender; thicken the gravy with butter or cream, add a spoonful of sauce, half a glass of wine, and serve it up with capers strewed over the top, and garnished with slices of lemon.

HALIBUT

Partakes somewhat of the flavor of the turbot, and grows to an enormous size, being sometimes caught weighing more than one hundred weight; the best size is, however, from twenty to forty pounds, as, if much larger, it is coarse. The most esteemed parts are the flakes over the fins, and the pickings about the head; but on account of its great bulk, it is commonly cut up and sold in collops, or in pieces of a

few pounds weight, at a very reasonable rate. A small one cut in thin slices and crimped, is very good eating.

BOILED HALIBUT

Take a small halibut, or what you require from a large fish. Put it into the fish-kettle, with the back of the fish undermost, cover it with cold water, in which a handful of salt, and a bit of saltpetre the size of a hazelnut, have been dissolved. When it begins to boil, skim it carefully, and then let it just simmer till it is done. Four pounds of fish will require nearly thirty minutes to boil it. Drain it, garnish with horseradish or parsley—egg sauce or plain melted butter are served with it.

ROAST STURGEON

Put a good-sized piece in a large cradle-spit (five or six pounds will make a handsome dish for the head of the table); stuff it with force-meat; keep it at the fire for two or three hours, but remove the skin; cover it with crumbs of bread, and brown it with the salamander; baste it constantly with butter, and serve with a good brown gravy, an anchovy, a squeeze of Seville orange or lemon, and a glass of sherry boiled up, and poured into the dish.

STURGEON CUTLETS

Cut in slices quarter of an inch thick; dry, flour, and egg them; dip in crumbs, seasoned with pepper, salt, parsley, and thyme; fry them, and serve with Indian pickle, tomato, or piquant sauce.

FISH OMELET

Cook together one level tablespoonful of flour and one of butter; add gradually half a cup of hot milk and a little pepper. Pour boiling water on a half-cupful of shredded

codfish, drain and mix with the thickened milk, then add two cupfuls of cold boiled potatoes chopped fine. Melt a tablespoonful of butter in a spider; when hot turn in fish and cook slowly until a thick crust has formed; then fold over and serve on hot platter.

BOILED WHITEFISH

Lay the fish open; put it in a dripping pan, with the back down; nearly cover with water; to one fish put two tablespoonfuls of salt; cover tightly and simmer (not boil) one-half hour; dress with gravy, butter and pepper; garnish with sliced eggs. For sauce use a piece of butter the size of an egg, one tablespoonful of flour, one-half pint boiling water; boil a few minutes, and add three hard-boiled eggs, shred.

BROILED WHITEFISH—FRESH

Wash and drain the fish; sprinkle with pepper and lay with the inside down upon the gridiron, and broil over fresh bright coals. When a nice brown, turn for a moment on the other side, then take up and spread with butter. This is a very nice way of broiling all kinds of fish, fresh or salted. A little smoke under the fish adds to its flavor. This may be made by putting two or three cobs under the gridiron.

BAKED BLACK BASS

8 good sized onions chopped fine.
Half that quantity of bread-crumbs.
Butter size of an egg.
Plenty of salt and pepper.
Mix thoroughly with anchovy sauce until quite red.

Stuff your fish with this compound and pour the rest over it, previously sprinkling it with a little red pepper. Shad, pickerel and trout are good the same way. Tomatoes can be used instead of anchovies, and are more economical. If using them take pork in place of butter and chop fine.

TURBOT

Steam till tender one large whitefish; remove bones and sprinkle with salt and pepper. Dressing—Heat one pint of milk thickened with two tablespoonfuls of flour; when cold add two eggs and one-fourth of a pound of butter. Put into a baking-dish a layer of the fish and a layer of dressing; season with one-half teaspoonful of onion-juice; cover top with bread-crumbs, and bake one-half hour.

FRICASSEE OF SHRIMP

One quart of tomatoes, one quart of water, and onion to suit the taste, stewed together until the tomatoes can be passed through a sieve. After steaming stew with seasoning (season highly), and a tablespoonful of butter creamed with a little flour, for fifteen minutes; add two cans of shrimps, carefully washed. Heat thoroughly and serve with rice.

SMELTS

Clean the smelts by drawing them between the finger and thumb, beginning at the tail. This will press out the insides at the opening at the gills. Wash them and drain in a colander; salt well and dip in beaten egg and bread or cracker-crumbs. Dip first in the egg and then roll in the crumbs. Fry in boiling fat deep enough to float them. They should be a handsome brown in two minutes and a half. Take them up and place them on a sheet of brown paper for a few minutes to drain, then pour on a hot dish. Garnish with parsley and a few slices of lemon.

WRITTEN RECIPES

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MEATS

In the selection of meat it is most essential that we understand how to choose it; in beef it should be a smooth, fine grain, of a clear bright red color, the fat white, and will feel tender when pinched with the fingers. Will also have abundant kidney fat or suet. The most choice pieces for roast are the sirloin, fore and middle ribs.

Veal, to be good, should have the flesh firm and dry, fine grained and of a delicate pinkish color, and plenty of kidney fat; the joints stiff.

Mutton is good when the flesh is a bright red, firm and juicy and a close grain, the fat firm and white.

Pork, if young, the lean will break on being pinched smooth when nipped with the fingers, also the skin will break and dent; if the rind is rough and hard it is old.

In roasting meat, allow from fifteen to twenty minutes to the pound, which will vary according to the thickness of the roast. A great deal of the success in roasting depends on the heat and goodness of the fire; if put into a cool oven it loses its juices, and the result is a tough, tasteless roast; whereas, if the oven is of the proper heat, it immediately sears up the pores of the meat and the juices are retained.

The oven should be the hottest when the meat is put into it, in order to quickly crisp the surface and close the pores of the meat, thereby confining its natural juices. If the oven is too hot to hold the hand in for only a moment, then the oven is right to receive the meat. The roast should first be washed in pure water, then wiped dry with a clean dry cloth, placed in a baking-pan, without any seasoning; some pieces of suet or cold drippings laid under it, but no water should be put into the pan, for this would have a tendency to

soften the outside of the meat. The water can never get so hot as the hot fat upon the surface of the meat, and the generating of the steam prevents its crispness, so desirable in a roast.

It should be frequently basted with its own drippings which flow from the meat when partly cooked, and well seasoned. Lamb, veal and pork should be cooked rather slower than beef, with a more moderate fire, covering the fat with a piece of paper, and thoroughly cooked till the flesh parts from the bone; and nicely browned, without being burned. An onion sliced and put on top of a roast while cooking, especially roast of pork, gives a nice flavor. Remove the onion before serving.

Larding meats is drawing ribbons of fat pork through the upper surface of the meat, leaving both ends protruding. This is accomplished by the use of a larding-needle, which may be procured at house-furnishing stores.

Boiling or stewing meat, if fresh, should be put into boiling water, closely covered, and boiled slowly, allowing twenty minutes to each pound, and when partly cooked, or when it begins to get tender, salted, adding spices and vegetables.

Salt meats should be covered with cold water, and require thirty minutes' very slow boiling, from the time the water boils, for each pound; if it is very salt, pour off the first water, and put it in another of boiling water, or it may be soaked one night in cold water. After meat commences to boil, the pot should never stop simmering and always be replenished from the boiling tea-kettle.

Frying may be done in two ways: one method, which is most generally used, is by putting one ounce or more (as the case requires) of beef drippings, lard or butter, into a frying-pan, and when at the boiling point, laying in the meat, cooking both sides a nice brown. The other method is to completely immerse the article to be cooked in sufficient hot lard to cover it, similar to frying doughnuts.

Broiled meats should be placed over clear, red coals, free from smoke, giving out a good heat, but not too brisk, or the meat will be hardened and scorched; but if the fire is dead, the gravy will escape, and drop upon the coals, creating a blaze, which will blacken and smoke the meat. Steaks and chops should be turned often, in order that every part should be evenly done—never sticking a fork into the lean part, as that lets the juices escape; it should be put into the outer skin or fat. When the meat is sufficiently broiled, it should be laid on a hot dish and seasoned. The best pieces for steak are the porter-house, sirloin, and rump.

THAWING FROZEN MEAT

If meat, poultry, fish, vegetables, or any other article of food, when found frozen, is thawed by putting it into warm water or placing it before the fire, it will most certainly spoil by that process, and be rendered unfit to eat. The only way to thaw these things is by immersing them in cold water. This should be done as soon as they are brought in from market, that they may have time to be well thawed before they are cooked. If meat that has been frozen is to be boiled, put it on in cold water. If to be roasted, begin by setting it at a distance from the fire; for if it should not chance to be thoroughly thawed all through to the centre, placing it at first too near the fire will cause it to spoil. If it is expedient to thaw the meat or poultry the night before cooking, lay it in cold water early in the evening, and change the water at bedtime. If found crusted with ice in the morning, remove the ice, and put the meat in fresh cold water, letting it lie in it till wanted for cooking. This will keep it tender.

Potatoes are injured by being frozen. Other vegetables are not the worse for it, provided they are always thawed in cold water.

ROAST BEEF WITH YORKSHIRE PUDDING

TO KEEP MEAT FROM FLIES

Put in sacks, with enough straw around it so the flies cannot reach through. Three-fourths of a yard of yard-wide muslin is the right size of the sack. Put a little straw in the bottom, then put in the ham, and lay straw in all around it; tie it tightly, and hang it in a cool, dry place. Be sure the straw is all around the meat, so the flies cannot reach through to deposit the eggs. (The sacking must be done early in the season before the fly appears.) Muslin lets the air in and is much better than paper. Then muslin is as good as thick, and will last for years if washed when laid away when emptied.

ROAST BEEF

One very essential point in roasting beef is to have the oven well heated when the beef is first put in; this causes the pores to close up quickly, and prevents the escape of the juices.

Take a rib piece or loin roast of seven or eight pounds. Wipe it thoroughly all over with a clean wet towel. Lay it in a dripping-pan, and baste it well with butter or suet fat. Set it in the oven. Baste it frequently with its own drippings, which will make it brown and tender. When partly done season with salt and pepper, as it hardens any meat to salt it when raw, and draws out its juices; then dredge with sifted flour to give it a frothy appearance. It will take a roast of this size about two hours' time to be properly done, leaving the inside a little rare or red—half an hour less would make the inside quite rare. Remove the beef to a heated dish, set where it will keep hot; then skim the drippings from all fat, add a tablespoonful of sifted flour, a little pepper and a teacupful of boiling water. Boil up once and serve hot in a gravy-boat.

Some prefer the clear gravy without the thickening. Serve with mustard or grated horseradish and vinegar.

YORKSHIRE PUDDING

This is a very nice accompaniment to a roast of beef; the ingredients are, one pint of milk, four eggs, white and yolks beaten separately, one teaspoonful of salt, and two teaspoonfuls of baking powder sifted through two cups of flour. It should be mixed very smooth, about the consistency of cream. Regulate your time when you put in your roast, so that it will be done half an hour or forty minutes before dishing up. Take it from the oven, set it where it will keep hot. In the meantime have this pudding prepared. Take two common biscuit tins, dip some of the drippings from the dripping-pan into these tins, pour half of the pudding into each, set them into the hot oven, and keep them in until the dinner is dished up; take these puddings out at the last moment and send to the table hot. This I consider much better than the old way of baking the pudding under the meat.

BROILED STEAK

Rump steak, about an inch thick, butter, pepper, and salt. Butter a sheet of white paper and twist the four corners so as to form a little tray, lay the steak in this and broil quickly from five to ten minutes, turning it once in the paper while cooking. When done lay it on a hot dish, season with pepper and salt, add a little bit of butter, and serve at once.

Steak cooked in this way is much nicer than if broiled without the paper.

BEEF CAKES

1 lb. under-cooked roast beef. Salt and pepper.
¼ lb. of ham or bacon. 1 large egg.
1 teaspoonful of sweet herbs.

Mince the beef and ham, add herbs, etc., and mix with the egg, which must be previously well beaten; brush each cake

over with a little white of egg; cover with breadcrumbs, and fry quickly for five minutes.

BROWNED MINCE OF BEEF

Remains of cold roast beef.
¼ as much potato, mashed.
1 cup of gravy.
Breadcrumbs.
Seasoning of salt, pepper, mustard and catsup.

Mince the meat very fine, mix with it the potato, and season well; add the cup of gravy, work all together and make very hot in a saucepan. Pile upon a dish, cover with fine breadcrumbs, and brown quickly in the oven. It is much improved by putting bits of butter over the top as it begins to brown. Serve in the dish it is baked in.

BREAKFAST DISH OF BEEF

Cold roast beef.
3 tablespoonfuls of walnut catsup.
1 teaspoonful of vinegar.
A little salt and pepper.
A dessertspoonful of currant jelly.
A little warm water.

Cut thin slices of cold roast beef, and lay them in a tin saucepan set in a pot of boiling water, and cover them with gravy made of the above ingredients. Cover tightly, and steam for half an hour, keeping the water in the outer vessel on a hard boil. If the meat is underdone, this is particularly nice.

BEEF CROQUETTES

Minced cold beef.
¼ as much mashed potato.
Gravy enough to moisten them, in which an onion has been cooked.
Season with catsup, pepper, salt and a pinch of marjoram.
Fine breadcrumbs.
1 egg.

Mash the potatoes, while hot, very smooth, or if cold pota-

toes be used, see they are free from lumps; mix in the meat, gravy, and seasoning, bind all together with the beaten egg and form into the desired shapes; roll them in fine bread-crumbs, and fry quickly to a light brown. Drain on soft paper before the fire till free from fat, and serve hot.

TIMBALE DE VOLAILLE

Cut a cooked chicken into small pieces; chop up mush-room, ham, and truffles, and stir into white sauce. Line a mould with pieces of macaroni, cooked, cut in even lengths; fill in with the volaille and steam one hour. Turn out very carefully. Serve with white or brown sauce.

LAMB HARICOT

2 lbs. chops.
1 slice onion.
2 carrots.
Pepper and salt.
1 cup hot water.

Brown chops; brown carefully a sliced onion; add carrots cut in pieces, pepper, salt, and a cup of hot water; cook slowly two hours. Add more water if necessary; thicken slightly with browned flour when cooked. A little minced parsley improves the haricot.

GOOD BEEF STEW

Take a good round steak, two or three pounds; brown well on both sides in butter. Then add a pint of water; cook very slowly well covered two hours, then add pepper, salt and minced onion if liked, and cook half an hour longer. The addition of stoned olives and mushrooms improve this very much.

BERLIN KIDNEY

6 lamb's kidneys.
1 cup green peas.
½ onion, chopped.
1 tablespoonful flour.
2 tablespoonful Worcestershire.
1 cup gravy with stock.

Cut lamb kidneys, skin and fry in butter for a few minutes. Mix all together until thoroughly heated.

STEWED BREAST OF LAMB

One breast of lamb, pepper and salt to taste, sufficient stock to cover it, thickening of butter and flour.

Skin the lamb and cut into pieces, and season them with pepper and salt; lay these in a stew-pan with sufficient stock of gravy to cover them, and stew gently for an hour and a half. Just before serving, thicken the gravy with a little butter and flour, give one boil, and pour it over the meat. Have ready a pint and a half of green peas and lay them over and around the meat. A few stewed mushrooms will be found an improvement if they can be obtained, but they are not necessary for this dish.

MINCED LAMB, WITH POACHED EGGS

Remains of cold roast lamb, one good cup of gravy, pepper, salt, seasoning of mint, poached eggs, buttered toast.

Trim the meat and mince it finely, well seasoned with pepper, salt, and a little mint. Put the gravy into a saucepan (make it from the bones if you have no other), and let it get hot; then stir in the mince and let all become very hot, but do not let it boil, thicken with a little brown flour, and pile on a flat dish. Have ready a few slices of buttered toast, cut into neat squares, lay a poached egg on each, place these around or upon the mince, and serve.

AMERICAN FRITTERS

Slices of undercooked roast beef or mutton; for the batter, one-half pound flour, one large or two small eggs, salt, milk; lard or dripping for frying.

Cut the meat into moderately thick slices, and as neat a shape as possible, pepper and salt each piece, then make a batter in the above proportions, taking care that it is not very thin. Have ready a pan of boiling lard or dripping, dip each piece of meat into the batter, and fry quickly to a light brown. Serve on a hot dish, and garnish with a thick border of fried apples.

BOILED BRAINS

Calf's or bullock's brains, pepper and salt, marjoram or sage, sippets of toasted bread.

Steep the brains in lukewarm water for two hours to draw the blood, then tie in muslin, put into boiling water and boil for twenty minutes; take them up, drain in a colander, then turn into a basin and beat thoroughly with a fork, season with plenty of pepper and salt and a little marjoram or sage —sage is best. Put on a hot dish, pour over a good melted butter sauce, and garnish with sippets of toast. This makes a good breakfast or supper dish. Care must be taken in preparing it to have all the basins and dishes very hot.

ROULADES OF BEEF

Slices of undercooked roast beef, slices of boiled ham, one egg, pepper and mustard, a little thick gravy, fine crumbs; butter or dripping for frying.

Cut the beef into thin, even, oblong slices, the ham rather thinner and smaller; spread one side of the beef with mustard, and pepper the ham. Lay the ham upon the beef and roll up together as lightly as possible; brush over with the egg, roll each in the crumbs, and pierce through with a

slender skewer, in such a manner as to keep the roll pinned together. Put several on each skewer, but do not let them touch one another; fry brown, lay on a hot dish, and gently withdraw the skewers, then pour the gravy boiling hot over them, and serve. Small roulades are a nice garnish for game and roast poultry.

BEEF OLIVES

Slices of undercooked roast beef, breadcrumbs, sweet herbs, pepper and salt, and gravy.

Cut the slices of meat very thin, spread upon each slice a stuffing made from the above ingredients, roll up tightly, and tie with string. Have ready in a saucepan some good brown gravy, lay in the olives, and let them simmer for about half an hour. Take up, remove the string carefully that the shape may not be spoiled, pour the gravy over, and serve hot.

VEAL SHAPE

1½ lbs. veal.
1 lemon.
1 slice of ham.
Pepper and salt.
3 hard-boiled eggs.

Stew the meat, with the thin rind of the lemon, in a very little water till quite tender. When done, cut up both veal and ham into small pieces, mince the lemon rind finely, and set these aside to cool. Strain the stock, add the lemon-juice and seasonings, and let this also cool. Cut the eggs into slices, and arrange them in a plain mould or dish, pour in the cool stock and meat, and set aside till quite cold, when it should turn out whole. This makes an excellent breakfast dish.

STEWED STEAK AND MACARONI

1½ lbs. of steak or other lean beef.
1 tablespoonful of catsup.
¼ lb. of macaroni.
Butter for frying.
A little flour.

Cut the beef in small pieces, roll it in flour, and fry slightly in a little butter; put it into a stew-pan, cover with hot water, and allow it to simmer slowly for an hour and a half; then add the macaroni and simmer again for three-quarters of an hour; season with pepper, salt, and catsup, and stew for ten minutes after the seasoning is added. Serve on a hot dish, the beef in the centre, and the macaroni round.

SWISS PATES

Cold roast veal or fowl.	1 egg (well beaten).
A little white sauce.	Fine breadcrumbs.
Rounds of stale bread.	Lard or drippings for frying.

Mince the meat finely, season well with some of the forcemeat or a little lemon peel, mix with thin white sauce, and set it near the fire to heat, stirring that it may not burn. Cut rather thick slices of baker's bread into rounds with a cake cutter; with a smaller cutter extract a piece from the middle of each round, taking care not to let the sharp edge go quite through, but leaving enough in the cavity to serve as a bottom to the pate. Dip the hollowed pieces of bread in the egg, strew them with fine crumbs, and fry in boiling fat to a delicate brown. Drain every drop of the fat from them by laying them on soft paper before the fire, then fill each with the hot mince, pile on a dish, garnish with parsley, and serve.

BROILED LAMB OR MUTTON

Cut slices from the hind-quarter, about "four fingers" in size and an inch and a half thick. Cut slits in it, pound and season with a little salt, pepper and onion juice. Sprinkle a little powdered mint in the slits, place on a buttered grid-iron and broil over a clear fire, turning often until done. Serve very hot.

SMYRNA STEAK

Chop beef or mutton very fine, and season with juice of onion, salt and pepper, add fine breadcrumbs and several beaten eggs. Mix well, make into rolls and brown in hot butter in a frying-pan. Then put in a kettle, cover with melted butter and a little tomato juice, and simmer gently until tender.

BAKED COLD ROAST BEEF

Place a layer of the slices in the bottom of a shallow pudding dish, put pepper and salt, and a small slice of onion, on each, and cold gravy or little pieces of butter, then put in another layer of meat until all is used; cover the top with a layer of mashed potatoes. Bake for half an hour, or until the top is nicely browned

SAVORY GRILL

1 tablespoonful of Worcestershire sauce.
1 dessertspoonful of chutney sauce.
1 dessertspoonful of Yorkshire relish.
½ teaspoonful of anchovy sauce.
Butter the size of a walnut.

Cut up any cold meat or fowl, and sprinkle with flour on both sides; place the mixture above in any dish that will stand the heat of the top of the stove; mix well; allow it to heat slowly and thoroughly.

CURRIED MUTTON

1 pt. stock.
Juice of ½ lemon.
2 oz. of butter.
1 teaspoonful of sugar.
Boil together slowly.
2 lbs. raw or rare mutton, cut in inch squares.
Salt, pepper and curry.

Boil one sour apple with meat in sufficient water to stew,

add curry and pepper and salt to taste; when serving add a gill of cream. Boil a cupful of Patna rice in two quarts of boiling water twenty minutes, strain through colander and shake well. Make a wall of the rice around the serving dish, pour in the mixture and garnish with parsley; serve very hot.

SCOTCH HAGGIS

Procure the bag and pluck of a sheep, clean the bag very carefully, parboil the heart, lights and liver for an hour and a half. Let them cool, and then mince very fine; mince also a pound of fresh suet and grate the parboiled liver. Mix this along with two handfuls of oatmeal (previously browned in the oven), a few onions, black pepper, allspice and salt to taste. Take the bag and wash it first with cold water, then with boiling water. When quite clean fill in the mince, but do not let it be more than half full, else the bag will burst. Add a little of the liquid in which the meat was parboiled, and sew up the bag. Put it in boiling water and prick it frequently with a large needle to let the air escape. Boil it for three hours with a plate in the bottom of the pot.

VEAL OR CHICKEN CHEVREUX

Garnish small moulds with carrot, peas and beet, cooked and chopped with fancy cutter; cut meat in small squares; pack in moulds and fill with warm aspic jelly.

VEAL LOAF

One and one-half pounds raw veal, one-quarter pound raw or cooked bacon, or ham. Mince thoroughly. Season with pepper and very little salt, as the bacon or ham salts it. A little nutmeg, savory or other herbs; one-half cup of breadcrumbs. Add two eggs well beaten, keeping out

enough to brush over the top (the outside) at the last; two tablespoons good stock; mix thoroughly and press into a square pan to shape it. Turn out and brush over with the beaten egg. Bake one and one-half hours in a slow oven, basting occasionally with a teaspoonful of butter melted in one-half cup of water; serve with brown gravy thickened slightly.

ASPIC JELLY

1 qt. good stock.
Whites and shells of 2 eggs.
1 cup lean raw beef.
1 oz. gelatine.
1 tablespoonful vinegar.
2 tablespoonfuls sherry.
20 peppercorns.
10 cloves.
2 stalks celery.
1 teaspoonful salt.
½ saltspoonful ground mace.
Sprig of parsley.

Mix the beef and eggs thoroughly together and add to the stock before it gets hot. When hot add gelatine (previously soaked in cold water), boil for about five minutes, strain and add vinegar, sherry, twenty peppercorns, ten cloves, two or three stalks of celery, one teaspoon salt, one-half saltspoon of ground mace, sprig of parsley.

VEAL PATTY (OR BEEF)

3 lbs. raw leg of veal chopped very fine.
1 tablespoonful of salt.
8 tablespoonfuls of rolled crackers.
3 tablespoonfuls cream.
Butter size of egg.
Pepper.

Mould into a loaf; put into pan with a little water; sprinkle with cracker crumbs and small bits of butter on the top. An egg may be added. Bake two hours and eat cold.

FORCEMEAT FOR VEAL, TURKEYS, FOWLS, HARE

1 liver.
2 oz. ham or bacon.
¼ lb. suet.
Rind of ½ lemon.
2 eggs.
1 teaspoonful minced parsley.
1 teaspoonful minced sweet herbs.
Salt, cayenne and mace to taste.
6 oz. breadcrumbs.

Shred the ham or bacon and liver, chop the suet, lemon peel and herbs very fine. Add the seasoning to taste, salt, cayenne and mace, and blend all thoroughly together with the breadcrumbs before wetting. Then beat and strain the eggs, work them up with the other ingredients and the forcemeat will be ready for use.

STEWED RABBIT

1 rabbit.
2 large onions.
6 cloves.
1 teaspoonful of chopped lemon peel.
A few forcemeat balls.
1 large tablespoonful mushroom catsup.
Thickening of butter and flour.

Cut the rabbit into small joints, put them into a stewpan, add the onions sliced, and the cloves and minced lemon peel. Pour in sufficient water to cover the meat and when the rabbit is nearly done drop in a few forcemeat balls, to which has been added the liver finely chopped. Thicken the gravy with flour and butter, put in the catsup, give one boil and serve. Time, rather more than one-half hour.

STEWED OX-TAILS

2 ox-tails.
1 onion.
3 cloves.
1 blade mace
¼ teaspoonful whole black pepper.
¼ teaspoonful allspice.
½ teaspoonful salt.
Small bunch of savory herbs.
1 tablespoonful lemon juice.
1 tablespoonful mushroom catsup.
Thickening of butter and flour.

Mode: Divide the tails at the joints, wash, and put them into a stew-pan with sufficient water to cover, and set them on the fire; when the water boils remove the scum, and add the onions cut into rings, the spice, seasoning and herbs. Cover the stew-pan closely, and simmer gently until tender, which will be in about two and one-half hours. Take the tails out, make a thickening of butter and flour; add it to the gravy, and let it boil for one-quarter of an hour. Strain it through a sieve into a saucepan; put back the tails, add the lemon juice and catsup; let the whole just boil up, and serve. Serve with croutons or sippets of toasted bread.

BLANQUETTE OF VEAL

2 cupfuls chopped cooked veal.
1 tablespoonful of butter.
1 cupful of stock.
1 cupful of cream.
Yolks of 2 eggs.
1 tablespoonful of minced parsley.
1 tablespoonful of flour.
12 button mushrooms, salt and pepper.

Melt the butter, add flour, stir until smooth, add the liquid, and when the sauce thickens add meat and mushrooms. Cook all together for a few minutes. When ready to serve add yolks of eggs and parsley, cooking for a minute; garnish with whole mushrooms.

DUTCH STEW

Fry together:
½ tablespoonful butter.
2 tablespoonfuls vinegar.
1 teaspoonful sugar.
½ teaspoonful salt.
A little onion.
1½ laurel leaves.
4 or 5 cloves.
Then add a cupful of gravy or bouillon and a beaten egg.

When hot add squares of cooked meat. A great improvement is a little red wine, about two tablespoons, in which case a little more sugar is needed. This is a recipe brought over from Holland.

PATE DE VEAU

3½ lbs. beef or veal chopped fine.
3 slices salt pork chopped fine.
3 raw eggs.
1 teaspoonful salt and pepper.
1 nutmeg.
A piece of butter size of butternut.
6 crackers rolled fine.

Mix all with flour into a deep loaf, sprinkle with bread crumbs and small pieces of butter; bake two hours in meat-pan with a little water. Baste while baking.

TIMBALE BATTER

1 cup flour, measured after sifting.
¾ cup of milk.
1 egg.
½ teaspoonful salt.

Add salt to flour, stir in milk by degrees, and egg beaten light, yolk and white together; strain and fry on timbale iron. Fill with creamed lobsters, sweet breads, chicken, salmon, or other mixture.

SWEETBREADS FOR TIMBALES

2 pairs sweetbreads.
1 can mushrooms.
1 cup milk.
1½ tablespoonfuls butter.
1½ tablespoonfuls flour.
1 small onion.
1 blade mace.
Salt and cayenne.

Boil sweetbreads twenty minutes in salted water, throw in cold water to harden, free from skin and cut in dice, cut mushrooms in dice, put onion and mace in milk till flavored, then take out, melt butter, add flour, then the milk, let boil a minute, then add sweetbreads and mushrooms.

HAM AND VEAL PIE

1½ or 2 lbs. veal.
3 or 4 slices lean cooked ham.
Yolks of 2 hard-boiled eggs, sliced.
1 pt. made gravy.
Seasoning of salt, pepper, blade of mace, a little nutmeg, and a strip of lemon peel minced.
A layer of good forcemeat.

Method—Stew the veal very slowly for about half an hour, cut into small square pieces about two inches long; place at the bottom of the dish; season; a layer of ham, a layer of forcemeat; put the slices of egg on the top of the veal; fill the dish thus, the top layer being ham. Put in half of the gravy and cover with puff paste with good centre ornament of leaves. Bake from one and a half to two hours. Pour in the remainder of the gravy through a funnel. Before baking the crust should be brushed over with yolk of egg. Forcemeat—Two ounces of lean ham or bacon, six ounces breadcrumbs, four ounces of beef suet, two eggs, a strip of lemon rind, minced; half teaspoonful of minced parsley, quarter teaspoonful mixed herbs, pepper, salt and mace. Chop well and mix before adding eggs.

ROAST SHOULDER OF LAMB

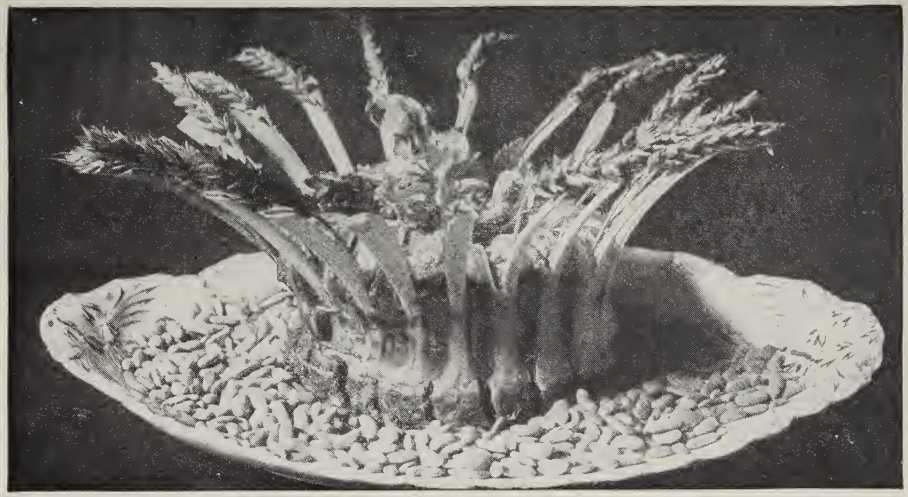
Cook as you would the leg, but with more water in the pan and more slowly. When nearly done, baste plentifully with the gravy, and, five minutes later, with butter into which a little lemon-juice has been beaten. Brown lightly, after dredging with salt, pepper, and flour. Your object should be to make every part of the shoulder eatable, the muscles soft, and the skin gelatinous. As usually served, the thin part of the roast is often hard and distasteful, more like burnt leather than meat. You can vary the dish by having the bone of the shoulder taken out, filling the cavity with a dressing of breadcrumbs and butter, seasoned with pepper and salt.

BRAISED BREAST OF LAMB

Lay a breast of lamb, or two scrags, in a broad pot, meat downward. Scatter over this a sliced turnip, a sliced onion, and two sliced tomatoes, with a little pepper and salt. Add less than a cupful of stock, and cook slowly one hour. Turn the meat then and cook one hour longer, very slowly. When tender, but not ragged, brown, rub with butter and keep hot. Strain the gravy; thicken with browned flour; season, boil up, and pour over the meat.

STUFFED LEG OF MUTTON

Have the bone removed, tearing as little as possible. Fill the cavity with a dressing of a cupful of breadcrumbs worked up with butter, two tablespoonfuls of finely minced almonds, pepper, salt, parsley, and a little onion-juice. Sew or tie up the gash, that the stuffing may not escape. Have ready in your roaster a carrot cut into dice, a sliced tomato, a small onion, minced, a stalk of celery, and a little parsley. Lay the mutton upon them, pour over it two cupfuls of boiling water, cover closely and cook two hours, basting four



CROWN OF LAMB

times. Remove the cover, brown, after basting once with butter and sprinkling with pepper, salt, and flour. Rub the gravy through the colander, thicken with browned flour and send to table in a boat. Mashed or stewed young turnips are a good accompanying vegetable.

LAMB OR MUTTON CHOPS

Trim off the skin and fat and scrape the bone bare for an inch and a half or two inches from the end, making as it were a handle for the edible part of the chop. Flatten with the potato-beetle or the broad side of a hatchet, and broil quickly upon a greased gridiron, turning several times. Pepper and salt and send in upon a hot dish, the chops overlapping one another neatly. Or, you may ring the chops about a mound of green peas or mashed potatoes, circling all with parsley or nasturtiums. A showy dish of chops is made by twisting frills of fringed white paper about the bare bone left at the end of each.

BREADED CHOPS

Trim and flatten, sprinkle with salt and pepper, dip in egg and then in cracker-dust, and fry to a fine brown in deep boiling fat. Drain and serve dry and hot.

STUFFED MUTTON CHOPS

Make a white roux of a tablespoonful of butter and the same of flour. When it has thickened well, stir in a scant half-cupful of stock; mix thoroughly until it bubbles; add half a cupful of chopped almonds, or, if you prefer, mushrooms, and season to taste. Boil up once and let it get cold and stiff. The chops should be tender, juicy, and cut twice as thick as for ordinary uses. Split each horizontally clear to the bone, leaving that to hold it together, and fill the slit

with the cold paste. Close the sides upon it and quilt a wooden toothpick through the edges to hold them together, and broil slowly over clear coals, turning often for ten minutes. Withdraw the skewers, and dish upon a bed of green peas.

ROAST LEG OF LAMB

Put into the covered roaster, dash a cupful of boiling water over it, cover and cook about fifteen minutes to the pound. Twenty minutes before taking it up, take off the cover, rub all over with butter, dredge with pepper, salt, and flour, and brown. Serve with mint sauce. Green peas are always the nicest accompanying vegetable with mutton and lamb. Asparagus is the next choice.

BOILED MUTTON

Plunge the meat into a kettle of salted water that is boiling hard; lift it for fifteen minutes to the side of the range. After this cook slowly fifteen minutes to the pound. Half an hour before you are ready to serve it, drop in a minced carrot, a turnip, a small onion—both sliced—a stick of celery and a little parsley, also a sprig of mint, and let all cook together. Take up the meat, wash over with butter and keep covered and hot. Strain out enough of the liquor to serve as a foundation for a white sauce, and set away the rest for soup stock. Set the reserved liquor in cold water to throw up the fat, skim, and thicken with a white roux; stir in a great spoonful of capers and serve in a boat. Lamb should never be boiled.

STEWED LAMB AND GREEN PEAS

Buy three pounds of the coarser parts of the lamb; cut into inch lengths and dredge with flour. Have ready in a sauce-

pan two tablespoonfuls of good dripping, and when it hisses put in half a sliced onion, and fry to a light brown. Skim out the onion and put in the meat, cooking for five minutes and turning often to keep it from sticking to the bottom of the pan. Then add a cupful of boiling water, or weak stock, cover closely and cook gently for one hour. Add then a generous cupful of green peas. Canned will do, but the fresh are better. Stew for twenty minutes longer, or until the peas are tender, add a tablespoonful of brown roux, boil up once, and pour upon slices of toast that have been soaked in hot tomato sauce. A cheap and a savory dish.

IRISH STEW

Cut three pounds of mutton, which must be lean, into pieces of uniform size, and not more than an inch square. Heat two tablespoonfuls of butter or beef dripping in a saucepan, brown a large sliced onion in it and put in the meat. Turn it over and over until coated with the fat, and slightly browned, add enough cold water to cover the meat an inch deep, put on a tightly fitting top, and stew two hours, or until the meat is very tender. Have ready in another vessel four potatoes, sliced thin, a carrot cut into dice, a tomato cut into bits, a stalk of celery minced, and a tablespoonful of chopped parsley. Cook fifteen minutes, drain off and throw away the water, put the parboiled vegetables into the stew and season to taste. Cook very gently half an hour longer, take up meat and vegetables with a perforated spoon and arrange upon a flat dish, the meat in the centre, the vegetables on the outside. Cover and keep hot. Add to the gravy in the saucepan a cupful of canned or fresh peas boiled tender (''left-overs'' will do), with half a cupful of hot milk in which has been stirred a teaspoonful of cornstarch, cook five minutes and pour over the meat and vegetables.

MUSHROOM CHOPS

1 doz. French chops.
3 cêpes (large mushrooms).
1 egg, beaten.
Salt and pepper.
Cracker dust.
Fat for frying.

Flatten and trim the chops, divide each cêpe into four strips, make a hole with the point of a knife in the thickest part of each chop and thrust through it a slice of the mushroom. Pepper and salt, dip in raw beaten egg, coat with cracker-crumbs and set in a cold place for one hour. Fry them in deep fat to a fine brown.

HUNTERS' BEEF

Take a round of beef, bone and bind tight; if large rub into it a quarter of a pound of saltpetre, powdered; let it stand a day; then season it with half a pound of common salt, one ounce of black pepper, half a pound of brown sugar and an ounce of allspice; a little cayenne is an improvement; let it remain in the pickle a fortnight, turning it every day, (and about three times a week add a small quantity of common salt) then wash off the salt and spice and put in a granite or tin dishpan deep enough to cover the beef entirely; lay some beef suet at the bottom and a great deal at the top; put in a pint of water and cover it with a thick crust, seven or eight hours will bake it; when it comes out of the oven pour off the gravy; do not cut it till cold; it will keep good three months.

BOILED HAM (VIRGINIA STYLE)

For a twelve-pound ham, take a cup of molasses, one cup of vinegar and a few pieces of stick cinnamon, and stir these ingredients into the water in which the ham is to be boiled. Then put in the ham and boil slowly three hours. Leave the

ham in the water until it is lukewarm. Then take it out and skin. Cover with breadcrumbs and put in a pan in the oven, with one cup of vinegar, and bake one hour.

JELLIED VEAL

Cover with water and cook a shank of veal slowly until the meat comes easily from the bones. Season with salt and pepper. Meanwhile hard-boil two eggs; chill in cold water. Moisten a mould, cut the eggs in slices and lay in the bottom. Take out the bones and gristle and pour the remainder on the eggs. Put in a cool place, or on ice, and it will jelly quickly.

LIVER AND MUSHROOMS

½ lb. of calf's liver.
1 lb. mushrooms.
3 oz. bacon.
1 oz. flour.

Fry the liver and bacon and the mushrooms separately. Put all into a stew-pan with half a pint of stock and simmer for one hour and serve with fried bread.

STEWED KIDNEYS, WITH WINE

Slice the kidneys, after they have been soaked in cold water; wipe dry and roll in flour. Have ready in a sauce-pan a little butter in which has been fried a slice of onion. Lay in the kidneys; roll them over and over, coating them with the butter, for two minutes—no more—and pour in a cupful of boiling water or heated stock. Simmer not longer than ten or twelve minutes. Take them up and lay upon a hot dish; add to the gravy a tablespoonful of catsup, a dash of paprica or cayenne, and salt, a small tablespoonful of butter that has been rolled in browned flour, and when it has boiled up, a generous glass of sherry or claret. Pour over the kidneys and serve.

DEVILED KIDNEYS

Slice and take out hard centres and fat. Have ready, beaten to a cream, a tablespoonful of butter, an even teaspoonful of mustard, a pinch of paprica or cayenne, a little salt, and a teaspoonful of lemon juice. Melt, without really heating the mixture; coat each slice with it, roll in cracker-dust, and broil, turning often. They should be done in eight minutes. Put a few drops of the deviled sauce upon each, and send to table.

KIDNEYS WITH BACON

Split lamb kidneys in half and fasten open with toothpicks. Cook in a frying-pan thin slices of fat breakfast bacon until clear, but not crisped. Take up and keep hot while you cook the kidneys in the bacon-fat, turning them frequently. Six minutes should make them tender. Long cooking toughens them. Arrange upon thin slices of toast a dish, garnish with the bacon, add a teaspoonful of Worcestershire sauce to the gravy and pour over the kidneys.

TOASTED KIDNEYS

Cut each one of three kidneys into three pieces, and lay upon a very hot tin plate in front of a hot fire, where a clear glow will fall upon them. Have ready thin slices of fat bacon, hold each slice upon a fork close to the red grate so that the gravy will drip upon a slice of kidney below. Having toasted all the bacon, lay it upon a second hot plate, taking up the first and draining off every drop of gravy over the bacon. Now toast the kidneys over the bacon. When no more juice drips from each kidney it is done. Lay each in turn upon a slice of toast, in a hot dish, garnish with the pork, sprinkle with pepper and pour the gravy over the kidneys. Serve hot.

STUFFED KIDNEYS

Split the kidneys lengthwise, leaving enough meat and skin on one side to serve as a hinge. Rub well inside with melted butter, and broil them, back downward, over a bright fire for eight minutes. Have ready a stuffing of bread crumbs, cooked salt pork, parsley and butter, seasoned with pepper, salt, and onion-juice. Heat in a double boiler, stir in the juice of a half a lemon, fill the kidneys with the mixture, run a toothpick through the outer edges or lips to keep in the stuffing, pepper them and serve with sauce piquante.

BOSTON PORK AND BEANS

Soak the beans over night in cold water, changing this in the morning for warm, an hour later for hot. Put over the fire half an hour afterwards, in boiling salted water, and cook until tender, but not broken. Drain them then, and put into a deep dish or bean-pot, bury a piece of pork (parboiled) in the centre. Stir into a large cupful of boiling water half a teaspoonful of dry mustard, half as much extract of celery or celery salt, and a tablespoonful of molasses, and pour this over the pork and beans. Cover closely, set in the oven and bake slowly from four to six hours according to size of the pot. This is the best recipe for the preparation of an ancient and honorable dish. In olden times the bean-pot stood all of Saturday night in the brick oven, and was in mellow prime at breakfast time on the Sabbath day. Serve Boston brown bread with it always. The two are indissolubly wedded.

ROAST PORK

The leg, the loin, the shoulder, and the chine are usually roasted, and the method is the same with each. The skin is scored in squares, or in parallel lines, the knife just cutting through to the flesh. Put into the roaster, dash a cup of boiling water over it; heat gradually until the fat begins to

run, when quicken the fire. Baste often and abundantly, that the skin may be tender, even when crisp. Allow at least twenty minutes to the pound. The old-fashioned Virginia cook—and there was none better in her day—rubbed well into the deep lines made by the knife in the rind a force-meat of crumbs, sage and onions, seasoned with pepper, salt, a little grated lemon-peel, and the juice of a lemon. This was done before the meat went into the oven and the cracks were well filled. Serve apple sauce with roast pork, or Chili sauce, or catsup, or a good bread sauce. Sharp condiments go well with it and arouse the digestive organs to their work.

PORK CHOPS

Cut off the skin, trim neatly and dip in beaten egg, then in cracker-crumbs seasoned with salt, pepper, powdered sage, and finely minced onion. Set in a cold place for an hour or more and fry in hot fat, turning often, for at least twenty minutes. Send in dry and hot, and serve with apple sauce.

PORK STEAKS AND TENDERLOINS

Broil over a clear fire, turning every two minutes for twenty or twenty-five minutes. Lay upon a hot dish and dust with pepper and salt and powdered sage. Sprinkle with onion-juice and with lemon-juice, and drop bits of butter here and there. Cover closely over hot water for ten minutes before sending to table.

SPARE RIBS

Cook pork spare ribs exactly as you would pork steaks, also pork cutlets.

PORK POT-PIE

2 lbs. of pork.
2 slices peeled lemon.
4 potatoes.
1 tablespoonful catsup.
Pepper, salt.
A little chopped parsley and celery.
1 tablespoonful butter.

Cut pork into pieces an inch long and half an inch wide; cover with cold water, put in slices of peeled lemon, chopped parsley and minced celery, and stew slowly half an hour. Add potatoes, sliced very thin and parboiled for ten minutes in another vessel, and catsup. Season with pepper and salt and dredge in a tablespoonful of flour. Cover closely and cook until the meat is ready to drop to pieces. Stir in a tablespoonful of butter, rolled in flour, boil up and put the pork into a covered deep dish, leaving the gravy in the saucepan. Have ready some strips of biscuit-dough, two inches long and half an inch wide, drop them into the boiling gravy and cook ten minutes. Lay half of them across the meat in one direction, the rest in another, making squares all over it; pour in the gravy gently and send to table; or you can cut the biscuit-dough round with a cake-cutter and bake these rounds in the oven by the time the pork-stew is done. Put meat and gravy upon a deep platter and cover with the hot biscuits laid closely together. They are more wholesome than boiled dough.

YORKSHIRE PORK-PIE

Chop lean pork somewhat coarsely; butter a pudding-dish and line with a good paste; put in the pork interspersed with minced onion and hard-boiled eggs, cut into bits and sprinkle with pepper, salt, and powdered sage. Now and then dust with flour and drop in a bit of butter. When all the meat is in, dredge with flour and stick small pieces of butter quite thickly all over it. Cover with puff-paste, cut a slit in the

middle of the crust and bake half an hour for each pound of meat. When it begins to brown, wash the crust with the white of an egg. It will give a fine gloss to it as well as preserve the juices.

ENTREE (BAVARIAN STYLE)

½ lb. beef collops.
½ lb. sausage.
1 egg.
1 small onion.
Salt and pepper.

Form into croquettes. Have some half-boiled leaves of cabbage, wrap each croquette in one large leaf, completely covering the meat, tie firmly and fry slowly in lard and butter (half and half) until brown on both sides. Serve on a flat platter with gravy poured over, which may be increased by addition of a little boiling water.

HAMBURG STEAK (AS MADE IN HAMBURG)

Procure some thin slices of beef from a round (uncooked). Pound a little to tender. Divide into portions the size of your hand. On each portion strew a little thyme, or savory, a little pepper, a dust of salt and some pounded onions. Have a portion of veal kidney suet and form the bits of beef into rolls with a bit of kidney suet in the inside. Tie with twine, or if possible darn little silver skewers into the flap of each steak to keep rolled. Dust in flour and place in a frying-pan with some butter or nice dripping; roll the steak so that each side may get brown. Then carefully pour in a cupful of boiling water, cover the frying-pan tight and set on some part of range where the steaks may cook very slowly. Turn out in ten minutes or longer on a very hot dish and pour gravy over them. A little more gravy may be supplied by browning some flour after lifting the steaks and thinning with boiling water.

BOILED HAM

The best ham to select is one weighing from eight to ten pounds. Take one that is not too fat, to save waste. Soak all night; wash it carefully before you put it on to boil, removing rust or mould with a small, stiff scrubbing-brush. Lay it in a large boiler and pour over it enough cold water to cover it. To this add a bay-leaf, half a dozen cloves, a couple of blades of mace, a teaspoonful of sugar, and, if you can get it, a good handful of fresh, sweet hay. Let the water heat very gradually, not reaching the boil under two hours. It should never boil hard, but simmer gently until the ham has cooked fifteen minutes to every pound. It must cool in the liquor, and the skin should not be removed until the meat is entirely cold, taking care not to break or tear the fat. Brush over the ham with beaten egg, strew it thickly with very fine bread crumbs, or fine cracker-dust, and brown in a quick oven. Arrange a frill of paper around the bone of the shank, and surround the meat with watercress, or garnish the dish with parsley.

STUFFED HAM

Soak the ham over night and scrub well in the morning. Run a narrow sharp knife along the bone, loosening the meat for the whole length; shake and pull the bone while doing this until you can withdraw it. Then dig out the flat bone from the butt-end of the ham. With a fair degree of patience the process is not difficult. Fill the cavity left by the bones with a stuffing of breadcrumbs, seasoned with pepper, butter, onion, and Worcestershire sauce. Pack it in well and sew the ham tightly into shape in mosquito-netting. Cover with cold water in which have been stirred two tablespoonfuls of vinegar, and cook twenty minutes to the pound after the boil begins. Leave the ham in the water until it is lukewarm, take it out and put to press under an inverted

dish with a heavy weight on top. Leave it thus for eight or ten hours; take off the cloth, and then the skin. Dot the top with black pepper, or Hungarian sweet red pepper (paprica), using the tip of the middle finger to make the impressions. If you can arrange the dots in a pattern the effect will be pleasing. Send to table surrounded by a garland of asparagus tops and nasturtium flowers, or parsley and marigolds. This is a delightful preparation of ham, suitable for luncheon or Sunday evening suppers.

BAKED HAM

Soak, wash, and parboil the ham, twelve minutes to the pound. Skin as soon as you can handle it, and staunch the flow of juices by rubbing flour into it. Put into a good oven; slice an onion, mince a carrot and a fresh tomato, and lay about the meat, pour in half a cupful of hot water to prevent burning, cover closely, and bake twelve minutes to the pound. During this time baste the ham four times with Madeira or sherry or other pale wine, using two glasses in all, and four times with the pan-gravy. Have ready some browned cracker-crumbs and sift them thickly over the ham when done. Leave it in the oven until firm and evenly colored.

If the ham is eaten hot, make a sauce by rubbing the gravy through a colander and thickening it with browned flour. If cold, put aside the pan-liquor for sauce for some other dish. It is too good to be wasted. Champagne sauce is an excellent accompaniment to baked ham.

CORNED BEEF HASH

Chop fine cold boiled corned beef; to one pint meat add one pint and a little more of cold boiled potatoes, chopped, though not too fine; a little onion can be used if liked; have ready a pan with a good piece of butter in it, put in hash,

season with pepper and salt, then add rich milk or cream, enough to moisten. Cover and make hot.

BEEF LOAF

Three pounds of beefsteak, chopped fine; fifteen soda biscuits (well rolled), half a cupful of sweet milk, half a cupful of butter, one teaspoonful of salt and pepper, two eggs. Mix well in a loaf and bake two hours.

RIS DE VEAU A CAS SUPREME

Steep the sweetbreads in water for an hour; then blanch them, and press between two dishes. When cold, cut away any sinews or fat, and place them in a stew-pan with a little onion, celery, and stock of white sauce. Braise for twenty or thirty minutes, then take out of saucepan and put into the oven to brown, and baste with its own liquor. Serve on fried bread, sauce around with truffles and mushrooms or peas.

TO GLAZE A HAM OR TONGUE

Put one ounce of glaze and one tablespoonful of boiling water into saucepan over fire till melted, and brush it over ham or tongue; two coats if not dark enough. Beat one quarter of a pound of butter to a cream. Put into icing tubes and ornament with it.

DEVILED KIDNEYS

Cut the kidneys in thin round slices, cover them with cold water; let stand half an hour, then wash them clean and put in stew-pan with one quart of water or stock, a clove, four teaspoonfuls of onion-juice, salt and pepper. Simmer two hours or longer if not tender. Set away, and for breakfast put one tablespoonful of butter in frying-pan;

when hot add one tablespoonful of flour. Stir till brown and smooth.

GALANTINE OF VEAL

5 lbs. breast of veal.
1 lb. sausage meat.
A few walnuts.
A little cooked ham or tongue.
¼ lb. grated breadcrumbs.
Salt, pepper and nutmeg.
Glaze:—
½ oz. gelatine.
1 cup stock.
A drop of carmine.

Bones taken from the veal. Mix with the sausage meat the breadcrumbs, nutmeg, salt, and pepper. Put half in the veal, then some ham cut in long strips, then walnuts, then more sausage meat, then ham and walnuts. Tuck the veal over it and sew up. Tie up in a cloth very firmly at ends and stitch cloth at top. Put into boiling water and boil for two and a half hours. After it is boiled put between two boards to press.

Glaze for Galantine.—Half ounce gelatine, one cup of stock, a drop of carmine. Brush the veal over with this glaze two or three times.

VEAL PATTY

3 lbs. of veal or beef chopped fine.
5 tablespoonfuls of cracker-crumbs.
1 tablespoonful of melted butter.
1 teaspoonful of pepper.
1 tablespoonful of salt.
½ cup milk or cream.
2 eggs, beaten.

Mix, form into a loaf and cover with cracker-crumbs; put in the oven, with a little water in the pan for two hours. Baste occasionally.

SWEETBREADS BREADED WITH TOMATO SAUCE

4 eggs.
1 tablespoonful flour.
A little salt and pepper.
Breadcrumbs.
Lard for frying.

Prepare a batter of eggs, flour, and pepper and salt, beat well together, turn the sweetbreads in this batter until they are all covered with it, turning them afterwards in cracker dust or dry breadcrumbs; fry in hot boiling lard to a fine light brown color. Serve with tomato sauce.

MAYONNAISE OF SWEETBREADS

(To be served cold.)

Boil a pair of sweetbreads (after blanching) for a few minutes in some good veal stock, then put them to get cold and cut into small round pieces; they must then be placed in a stewpan with pepper, salt, mace and a very small piece of garlic, and a half a pint or a little more of the stock they were first cooked in, and a quarter of an ounce of leaf gelatine; and then it should simmer very steadily for fifteen minutes or so. The pieces should then be placed separately in a shallow dish, and the gravy in which they have been simmered should be poured over them. When they have set quite firmly they should be covered thickly with a mayonnaise. When quite cold, ornament according to taste: such as aspic or savory jelly, with beet-root, hard-boiled egg, cut into fancy shapes and placed over the dish; a little green sets the dish off well.

WRITTEN RECIPES

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POULTRY AND GAME

In choosing poultry, select those that are fresh and fat, and the surest way to determine whether they are young, is to try the skin under the leg or wing. If it is easily broken, it is young; or, turn the wing backwards; if the joint yields readily it is tender. When poultry is young the skin is thin and tender, the legs smooth, the feet moist and limber, and the eyes full and bright. The body should be thick and the breast fat. Old turkeys have long hairs, and the flesh is purplish where it shows under the skin on the legs and back. About March they deteriorate in quality.

Young ducks and geese are plump, with light, semi-transparent fat, soft breast bone, tender flesh, leg-joints which will break by the weight of the bird, fresh-colored and brittle beaks, and wind-pipes that break when pressed between the thumb and forefinger. They are best in fall and winter.

Young pigeons have light red flesh upon the breast, and full, fresh-colored legs; when the legs are thin and the breast very dark the birds are old.

Fine game birds are always heavy for their size; the flesh of the breast is firm and plump, and the skin clear; and if a few feathers be plucked from the inside of the leg and around the vent, the flesh of freshly-killed birds will be fat and fresh-colored; if it is dark and discolored, the game has been hung a long time. The wings of good ducks, geese, pheasants, and woodcock are tender to the touch; the tips of the long wing feathers of partridges are pointed in young birds and round in old ones. Quail, snipe and small birds should have full, tender breasts. Poultry should never be cooked until six or eight hours after it has been killed, but

ROAST TURKEY

it should be picked and drawn as soon as possible. Plunge it in a pot of scalding hot water; then pluck off the feathers, taking care not to tear the skin; when it is picked clean, roll up a piece of white paper, set fire to it, and singe off all the hairs.

Fowls, and also various kinds of game, when bought at our city markets, require a more thorough cleansing than those sold in country places, where as a general thing the meat is wholly dressed. In large cities they lay for some length of time with the intestines undrawn, until the flavor of them diffuses itself all through the meat, rendering it distasteful. In this case, it is safe after taking out the intestines, to rinse out in several waters, and in next to the last water, add a teaspoonful of baking soda; say to a quart of water. This process neutralizes all sourness, and helps to destroy all unpleasant taste in the meat.

Poultry may be baked so that its wings and legs are soft and tender, by being placed in a deep roasting pan with close cover, thereby retaining the aroma and essences by absorption while confined. These pans are a recent innovation, and are made double with a small opening in the top for giving vent to the accumulation of steam and gases when required. Roast meats of any kind can also be cooked in the same manner, and it is a great improvement on the old plan.

ROAST TURKEY

Select a young turkey; remove all the feathers carefully, singe it over a burning newspaper on the top of the stove; then "draw" it nicely, being very careful not to break any of the internal organs; remove the crop carefully; cut off the neck close to the body. Now rinse the inside of the turkey out with several waters, and in the next to the last, mix a teaspoonful of baking soda; oftentimes the inside of a fowl is very sour, especially if it is not freshly killed. Now, after washing, wipe the turkey dry, inside and out, with a

clean cloth, rub the inside with some salt, then stuff the breast and body with "Dressing for Fowls." Then sew up the turkey with a strong thread, tie the legs and wings to the body, rub it over with a little soft butter, sprinkle over some salt and pepper, dredge with a little flour; place it in a dripping pan, pour in a cup of boiling water, and set it in the oven. Baste the turkey often, turning it round occasionally so that every part will be uniformly baked. When pierced with a fork and the liquid runs out perfectly clear, the bird is done. If any part is likely to scorch, pin over it a piece of buttered white paper. A fifteen-pound turkey requires between three and four hours to bake. Serve with cranberry sauce.

Gravy for Turkey.—When you put the turkey in to roast put the neck, heart, liver and gizzard into a stew-pan with a pint of water; boil until they become quite tender; take them out of the water, chop the heart and gizzard, mash the liver and throw away the neck; return the chopped heart, gizzard and liver to the liquor in which they were stewed; set to one side, and when the turkey is done it should be added to the gravy that dripped from the turkey, having first poured off the fat from the surface of the dripping-pan; set it all over the fire, boil three minutes and thicken with flour. It will not need brown flour to color the gravy. The garnishes for turkey or chicken are fried oysters, rashers of bacon, slices of lemon, fried sausages, force-meat balls, also parsley.

BOILED TURKEY

Prepare as you would for baking or roasting; fill with an oyster stuffing, made as the above. Tie the legs and wings close to the body, place in salted boiling water with the breast downward; skim it off and boil about two hours, but not till the skin breaks. Serve with oyster or celery sauce. Boil a nicely pickled piece of salt pork, and serve at table a thin

slice to each plate. Some prefer bacon or ham instead of pork. Some roll the turkey in a cloth dipped in flour. If the liquor is to be used afterwards for soup, the cloth imparts an unpleasant flavor. The liquid can be saved and made into a nice soup for the next day's dinner, by adding the same seasonings as for chicken soup and rice, barley, or macaroni.

SCALLOPED TURKEY

Pick the meat from the bones of cold turkey, and chop it fine. Put a layer of bread crumbs on the bottom of a buttered dish, moisten them with a little milk, then put in a layer of turkey with some of the stuffing, and cut small pieces of butter over the top; sprinkle with pepper and salt; then another layer of bread crumbs, and so until the dish is nearly full; add a little hot water to the gravy left from the turkey and pour over it; then take two eggs, two tablespoonfuls of milk, one of melted butter, a little salt and cracker crumbs as much as will make it thick enough to spread on with a knife; put bits of butter over it, and cover with a plate. Bake three-quarters of an hour. Ten minutes before serving, remove the plate and let it brown.

TURKEY HASHED

Cut the remnants of turkey from a previous dinner into pieces of equal size. Boil the bones in a quart of water, until the quart is reduced to a pint; then take out the bones, and to the liquor in which they were boiled add turkey gravy, or white stock, or a small piece of butter with salt and pepper; let the liquor thus prepared boil up once; then put in the pieces of turkey, dredge in a little flour, give it one boil-up, and serve in a hot dish.

TURKEY WARMED OVER

Pieces of cold turkey or chicken may be warmed up with a little butter in a frying-pan; place it on a warm platter,

surround it with small thick slices of bread or biscuit halved, first dipping them in hot salted water; then place the platter in a warm oven with the door open. Have already made the following gravy to pour over all. Into the frying-pan put a large spoonful of butter, one or two cupfuls of milk, and any gravy that may be left over. Bring it to a boil; then add sufficient flour, wet in a little cold milk or water, to make it the consistency of cream. Season with salt, pepper and add a little of the dark meat chopped very fine. Let the sauce cook a few moments; then pour over the biscuit and fowl. This will be found a really nice dish.

BONED TURKEY

Clean the fowl as usual. With a sharp and pointed knife, begin at the extremity of the wing, and pass the knife down close to the bone, cutting off the flesh from the bone, and preserving the skin whole; run the knife down each side of the breast bone and up the legs, keeping close to the bone; then split the back half way up, and draw out the bones; fill the places whence the bones were taken with a stuffing, restoring the fowl to its natural form, and sew up all the incisions made in the skin. Lard with two or three rows of slips of fat bacon on the top, basting often with salt and water, and a little butter. Some like a glass of port wine in the gravy. This is a difficult dish to attempt by any but skillful hands. Carve across in slices, and serve with tomato sauce.

BLANQUETTE OF TURKEY

1 qt. cooked turkey cut in small pieces.
1 large cup stock.
3 tablespoonfuls of butter.
1 heaping tablespoonful of flour.
1 teaspoonful lemon juice.
1 cupful milk or cream.
Yolks of four eggs.
Salt and pepper.

Put the butter in the sauce-pan and when hot add the flour; stir until smooth, but not brown; add the stock, and cook two minutes; then add the seasoning and cream. As soon as this boils up add the turkey; cook ten minutes. Beat the yolks of the eggs with four tablespoonfuls of milk; stir into the blanquette; cook about half a minute longer. This can be served in a rice or potato border.

DRESSING OR STUFFING FOR FOWLS

For an eight or ten-pound turkey, cut the brown crust from slices or pieces of stale bread until you have as much as the inside of a pound loaf; put it into a suitable dish, and pour tepid water (not warm, for that makes it heavy) over it; let it stand one minute, as it soaks very quickly. Now take up a handful at a time and squeeze it hard and dry with both hands, placing it as you go along, in another dish; this process makes it very light. When all is pressed dry, toss it all up lightly through your fingers; now add pepper, salt,—about a teaspoonful—also a teaspoonful of powdered summer savory, the same amount of sage, or the green herb minced fine; add a little melted butter, and a beaten egg. Work thoroughly all together, and it is ready for dressing either fowls, fish or meats. A little chopped sausage and the finest possible paring of lemon-peel in turkey dressing is an improvement, when well incorporated with the other ingredients.

OYSTER DRESSING OR STUFFING

This is made with the same ingredients as the above, with the exception of half a can of oysters drained, and slightly chopped and added to the rest. This is used mostly with boiled turkey and chicken, and the remainder of the can of oysters used to make an oyster sauce to be poured over the turkey when served, and also served in a separate dish.

These recipes were obtained from an old colored cook, who

was famous for his fine dressings for fowls, fish and meats, and his advice was, always soak stale bread in cold liquid, either milk or water, when used for stuffing or puddings, as they were much lighter. Hot liquid makes them heavy.

ROASTED BONED CHICKEN

Spread the boned chicken on a board, the skin side down; turn the flesh of the legs and wings right side out, and stuff them with force-meat into shape. Equalize the meat as well as possible, placing the mignon fillets, or little strips of white meat, next the bone, over the dark meat, etc.; dredge with salt and pepper. Make a roll of the stuffing or force-meat and lay it in the chicken. Draw the skin up, and sew it together securely. Turn it over, place the legs and wings into the position of a trussed fowl, press the body into natural shape, and tie it securely; or it may be pressed into the form of a duck or rabbit. Cover with slices of salt pork and roast in oven, allowing twenty minutes to the pound; baste frequently. Remove the pork the last fifteen minutes, dredge with flour and let it brown. Serve with giblet or tomato sauce.

BRAISED BONED CHICKEN

To braise the chicken prepared as above, roll it lightly in a piece of cheesecloth, tying the ends well. Put in a saucepan the bones of the chicken, a slice of carrot and onion, a bouquet containing parsley, one bay leaf, three cloves, twelve peppercorns, celery if convenient, and a knuckle of veal. Add enough water to cover the bed of vegetables and bones; lay in the chicken; cover the pot, and let it simmer for four hours.

JELLIED BONED CHICKEN

A braised boned chicken may be served hot, or it may be set aside to cool, then jellied as follows: Strain the water in which the chicken was braised, and let it cool; then remove

the grease and clarify the liquor; season it highly. If veal has been used, and the liquor jellies, it may be used as it is. If veal has not been used, add gelatine soaked in cold water, observing the proportion of one box of gelatine to one and a half quarts of liquor. Mask a mould with jelly; when the jelly is set, put in the chicken, and add enough liquid jelly to entirely cover it. Or, on the bottom of the mould, make a decoration of either truffles, ham, capers, gherkins, or any combination suitable; fix it with a thin layer of jelly; when hardened, add enough more to make a layer of jelly one-quarter of an inch thick, and when that is hardened lay in the chicken, and surround it with the liquid jelly. Garnish the dish on which the jellied chicken is served with lettuce, and serve with it a Mayonnaise, Béarnaise, or Tartare sauce.

When the chicken is to be jellied, use enough water in the braising pot to give three pints of liquor after the cooking is done.

FORCE-MEAT FOR STUFFING BONED FOWLS

Use the meat of another fowl, or veal, or pork, or a mixture. Chop them fine, and add to the minced meat one cupful of bread or cracker crumbs, and, if convenient, a little chopped boiled ham or tongue, and a few lardoons of pork. Season with the following articles, and moisten the whole with stock: One tablespoonful of chopped parsley, one teaspoonful of onion-juice, one-quarter teaspoonful of pepper, one teaspoonful thyme, one teaspoonful of salt. If veal is used, take it from the knuckle, and use the bone in the braising pot, as it will give a good jelly.

TO TRUSS A FOWL

When the fowl is wiped, singed, and drawn, put in the stuffing; place a little in the opening at the neck, the rest in the body, and sew up the opening. Draw the skin of the neck smoothly down and under the back, press the wings

close against the body, and fold the pinions under, crossing the back and holding down the skin of the neck. Press the legs close to the body, and slip them under the skin as much as possible. Thread the trussing needle with white twine, using it double. Press the needle through the wing by the middle joint, pass it through the skin of the neck and back, and out again at the middle joint of the other wing. Return the needle through the bend of the leg at the second joint, through the body and out at the same point on the other side; draw the cord tight, and tie it with the end at the wing joint. Thread the needle again, and run it through the legs and body at the thigh bone, and back at the ends of the drumsticks. Draw the drumstick bones close together, covering the opening made for drawing the fowl, and tie the ends. Have both knots on the same side of the fowl. When cooked, cut the cord on the opposite side, and by the knots it can easily be drawn out.

ROASTED CHICKEN

A roasted chicken may be stuffed or not. If stuffing is used it should only half fill the chicken. Truss it as directed above, or use skewers, doubling the cord across the back and around the ends of the skewers to hold them in place. A roasted or boiled chicken is not presentable, which has not been securely fastened into good shape before being cooked. Dredge the chicken with salt and pepper, and place it on slices of salt pork in a baking-pan; add a very little water, and bake in hot oven, allowing fifteen minutes to the pound; baste frequently. White meat must be well cooked, but not dried. Fifteen minutes before it is done, rub it over the top and sides with butter, dredge it with flour, and replace it in the oven until it becomes a golden brown and looks crisp. Draw out the trussing cords, and garnish with parsley. Serve with it a giblet sauce. Do not use a tough chicken for

roasting; one a year old is about right. A roasting chicken may be larded if desired.

STUFFING FOR FOWLS

Moisten a cupful of breadcrumbs with a tablespoonful of melted butter; season highly with salt, pepper, thyme, chopped parsley, and onion-juice; or put in a saucepan a tablespoonful of butter and fry in it one minced onion; then add one cupful of soaked bread, the water being pressed out, one-half cupful of stock, one teaspoonful of salt, one-half teaspoonful each of pepper and thyme, and one-half cupful of celery cut into small pieces. Stir it until it leaves the sides of the pan.

CHESTNUT STUFFING

Shell a quart of large French chestnuts. Put them in hot water and boil until the skins are softened; then drain off the water and remove the skins. Replace the blanched chestnuts in water, and boil until soft. Take out a few at a time, and press them through a colander or a potato press. They mash more easily when hot. Season the mashed chestnuts with a tablespoonful of butter, a teaspoonful of salt, and a quarter of a teaspoonful of pepper. Some cooks add a tablespoonful of chopped parsley, and moisten it with a little stock. Some add, also, a few breadcrumbs. The dressing is best seasoned only with butter, salt, and pepper.

GIBLET SAUCE

Boil the giblets until tender; chop them, but not very fine; add a tablespoonful of flour to the pan in which the chicken was roasted; let it brown, stirring constantly; add slowly a cupful of water in which the giblets were boiled; season with salt and pepper; strain and add the chopped giblets; serve in a sauceboat. The liver is a tidbit, and should be roasted and served with the chicken, instead of being used in the sauce.

BOILED CHICKEN

A chicken too old to roast is very good when boiled. Truss the chicken firmly. It is well also to tie it in a piece of cheesecloth, to keep it in good shape. It may be stuffed or not. Boiled rice seasoned with butter, pepper and salt, or celery cut in small pieces, is better to use for boiled chicken than bread stuffing. Put the chicken into boiling salted water and simmer, allowing twenty minutes to the pound; when done, remove the cloth and cords carefully, spread a little white sauce over the breast, and sprinkle it with chopped parsley. Garnish with parsley, and serve with it egg, oyster, or Béarnaise sauce.

BRAISED CHICKEN

A fowl too old to roast may be made tender and good by braising, and present the same appearance as a roasted chicken. Prepare it as for roasting, trussing it into good shape. Cut into dice a carrot, turnip, onion, and stalk of celery; put them in a pot with a few slices of salt pork, and on them place the fowl, with a few pieces of salt pork laid over the breast; add a bouquet of parsley, one bay-leaf, three cloves, six peppercorns, also a teaspoonful of salt, and a pint of hot water. Cover the pot closely and let simmer for three hours. If any steam escapes, a little more water may have to be added. When done, rub a little butter over the breast, dredge with flour, and place in the oven a few minutes to brown. Strain the liquor from the braising pot, season to taste, and if necessary thicken with a little butter and flour browned; serve it with the chicken as sauce.

BROILED CHICKEN

Young spring chickens only are used for broiling. Split them down the back, remove the entrails and the breast bone, wipe them clean, sprinkle with salt and pepper, and rub them

with soft butter. Place them on a broiler over a slow fire, the inside down; cover with a pan, and let cook for twenty minutes to twenty-five minutes. Turn, to let the skin side brown when nearly done. Place them on a hot dish, and spread them with maitre d'hotel butter; garnish with parsley or watercress and thin slices of lemon.

CHICKEN FRICASSEE

Cut a chicken into eleven pieces; two drumsticks, two second joints, two wings, two breasts, three back pieces. Put the pieces in a saucepan with two tablespoonfuls of butter or drippings; let them brown slightly on both sides, but use care that they do not burn; when a little colored, add enough boiling water to cover them; add a bouquet of herbs, salt and pepper, and a few slices of salt pork. Simmer until tender. Arrange the pieces neatly on a dish, using the best ones outside, and pour over them a gravy made as follows: Strain the liquor from the pot and take off the fat. Make a white sauce of one tablespoonful of butter and two of flour and a cupful of the liquor from the pot; season to taste; remove from the fire, and when a little cool add a cupful of cream or milk beaten up with two or three yolks of eggs. Place again on the fire until the eggs are a little thickened, but do not let it boil, or they will curdle. A tablespoonful of sherry may be added, if liked, or a half can of mushrooms. A border of rice may be placed around the chicken, or sippets of toast used.

To make a brown fricassee, sprinkle the pieces of chicken, after they are simmered until tender, with salt, pepper, and flour, and place them in the oven to brown. Make a brown instead of a white sauce, and omit the cream or milk.

CHICKEN SAUTE, A LA WEBB

Secure a nice plump young chicken, clean and cut into pieces, not too small; flour them and sauté in good butter

until of a nice golden brown color; mince half clove of garlic very fine, also quarter pod green peppers and cook in butter for five minutes. Mix sufficient flour to absorb butter, and moisten with half a pint of strong chicken broth; stew with a few carrots and turnips cut into small diamond shapes until tender; season with salt, and serve on platter with Saratoga chip border sprinkled with French peas.

FRIED CHICKEN

Cut a tender chicken in pieces; dip the pieces in water; sprinkle them with salt and pepper, and roll them in flour; sauté them in a tablespoonful of lard or butter, browning both sides; then remove and add to the pan a tablespoonful of flour; cook it for a minute without browning, stirring all the time, and add a cupful of milk or cream; stir until it is a little thickened; strain; mix into it a tablespoonful of chopped parsley. Place the sauce on the serving-dish and arrange the pieces of chicken on it.

STUFFED CHICKEN OR TURKEY LEGS

Carefully remove the tendons and bone from the drumsticks, all but about an inch and a half at the small end. Stuff the leg with a force-meat made of chicken or veal chopped very fine, and use with it the liver and a little strip of larding pork; season it with salt, pepper, and chopped parsley, and moisten it with one egg. Draw the skin over the end and sew it closely together, keeping the shape as natural as possible. Lay the stuffed legs in a baking-pan; cover with boiling water, and simmer an hour, or until tender; remove them from the water, press them into shape, and let cool. When cold, take out the stitches, dredge with salt and pepper, roll in beaten egg and breadcrumbs, and fry in hot fat until browned; or broil them on both sides four minutes, if chicken; six minutes, if turkey legs; or they may be

sautéd in butter. They may be deviled by rubbing them with mustard and a little red pepper before coating with the eggs and crumbs. Serve them arranged like chops, the bones masked with paper frills. If preferred, the bones may be entirely removed, and the leg flattened to look like a cutlet. This can be done by placing them under a weight to cool after being boiled. Serve with an olive, Béarnaise, Tartare, or any sauce preferred.

GRILLED CHICKEN BONES

Take the wings, second joints, and drumsticks of cold cooked chicken; dip them in melted butter, sprinkle them with salt and pepper, and broil them until they are very hot and well browned.

BROILED CHICKEN ON TOAST

Broil the usual way, and when thoroughly done take it up in a square tin or dripping pan, butter it well, season with pepper and salt, and set in the oven a few minutes, lay slices of moistened toast on a platter, take the chicken up over it, add to the gravy in the pan part of a cupful of cream, if you have it; if not, use milk. Thicken with a little flour and pour over the chicken. This is considered most excellent.

CURRIED CHICKEN

Cut up a chicken weighing from a pound and a half to two pounds, as for fricassee, wash it well, and put it in a stewpan with sufficient water to cover it; boil it closely covered, until tender; add a large teaspoonful of salt, and cook a few minutes longer; then remove from the fire, take out the chicken, pour the liquor into a bowl, and set it one side. Now cut up into the stewpan two small onions, and fry them with a piece of butter as large as an egg; as soon as the onions

are brown, skim them out and put in the chicken; fry for three or four minutes; next sprinkle over two teaspoonfuls of curry powder. Now pour over the liquor in which the chicken was stewed, stir all well together, and stew for five minutes longer, then stir into this a tablespoonful of sifted flour made thin with a little water; lastly, stir in a beaten yolk of egg, and it is done. Serve with hot boiled rice laid round on the edge of a platter, and the chicken curry in the centre. This makes a handsome side dish, and a fine relish accompanying a full dinner of roast beef or any roast.

All first-class grocers and druggists keep "India Curry Powder," put up in bottles. Beef, veal, mutton, duck, pigeons, partridges, rabbits or fresh fish may be substituted for the chicken, if preferred, and sent to the table with or without a dish of rice.

To Boil Rice for Curry.—Pick over the rice, a cupful. Wash it thoroughly in two or three cold waters; then leave it about twenty minutes in cold water. Put into a stewpan two quarts of water with a teaspoonful of salt in it, and when it boils, sprinkle in the rice. Boil it briskly for twenty minutes, keeping the pan covered. Take it from the fire, and drain off the water. Afterwards set the saucepan on the back of the stove, with the lid off, to allow the rice to dry and the grains to separate. Rice, if properly boiled, should be soft and white, and every grain stand alone. Serve it hot in a separate dish or laid round the chicken curry.

CHICKEN POT-PIE

Cut and joint a large chicken, cover with cold water, and let it boil gently until tender. Season with salt and pepper, and thicken the gravy with two tablespoonfuls of flour, mixed smooth with a piece of butter the size of an egg. Have ready nice light bread-dough; cut with the top of a wineglass about half an inch thick; let them stand half an hour and rise, then

drop these into the boiling gravy. Put the cover on the pot closely, wrap a cloth around it, in order that no steam shall escape; and by no means allow the pot to cease boiling. Boil three-quarters of an hour.

CHICKEN POT-PIE

This style of pot-pie was made more in our grandmother's day than now, as most cooks consider that cooking crust so long destroys its spongy lightness, and renders it too hard and dry.

Take a pair of fine fowls; cut them up, wash the pieces, and season with pepper only. Make a light biscuit dough, and plenty of it, as it is always much liked by the eaters of pot-pie. Roll out the dough not very thin, and cut most of it into long squares. Butter the sides of a pot, and line them with dough nearly to the top. Lay slices of cold ham at the bottom of the pot, and then the pieces of fowl, interspersed all through with squares of dough and potatoes, pared and quartered. Pour in a quart of water. Cover the whole with a lid of dough, having a slit in the centre, through which the gravy will bubble up. Boil it steadily for two hours. Half an hour before you take it up, put in through the hole in the centre of the crust some bits of butter rolled in flour, to thicken the gravy. When done, put the pie on a large dish, and pour the gravy over it. You may intersperse it all through with cold ham.

A pot-pie may be made of ducks, rabbits, squirrels, or venison. Also of beef-steak. A beef-steak, or some pork-steaks (the lean only), greatly improve a chicken pot-pie. If you use no ham, season with salt.

CHICKEN STEWED, WITH BISCUIT

Take chickens, and make a fricassee; just before you are ready to dish it up, have ready two baking-tins of rich soda

or baking-powder biscuits; take them from the oven hot, split them apart by breaking them with your hands, lay them on a large meat platter, covering it, then pour the hot chicken stew over all. Send to the table hot. This is a much better way than boiling this kind of biscuit in the stew, as you are more sure of its being always light.

SMOTHERED CHICKEN

(A Southern Method.)

Dress young chickens, wash, and let them stand in water half an hour to make them white. Put into a baking pan (first cutting them open at the back). Sprinkle salt and pepper over them, and put a lump of butter here and there; then cover tightly with another pan the same size and bake one hour; baste often with butter. A delicious dish.

MARYLAND CHICKEN

Take two tender spring chickens, split in half, detach the legs and wings; lay all on a plate, and season with salt and pepper. Dip the pieces in beaten egg, and afterwards in bread crumbs. Place them in a buttered pan, pour an ounce of clarified butter over, and roast in the oven about twenty minutes. Pour half a pint of cream sauce on a serving dish, and arrange the fowl on it; alternate with slices of thin boiled bacon, and small corn fritters.

CHICKEN CROQUETTES

1 chicken.
1 tablespoonful butter.
2 tablespoonfuls flour.
½ pt. milk.
1 tablespoonful of chopped parsley.
Pepper, salt and a dash of cayenne.
A little grated nutmeg.

Boil chicken, remove skin and chop fine. When the sauce is cooked add the chopped chicken. Mix well, then set aside to cool. When cool mould into shape; dip in egg and bread-crumbs and boil in hot fat. This quantity will make thirteen croquettes.

CHICKEN CROQUETTES

1 solid pt. chopped chicken.
1 tablespoonful salt.
½ teaspoonful pepper.
1 cup cream or chicken stock.
1 tablespoonful flour.
4 eggs.
1 teaspoonful of onion juice.
1 tablespoonful lemon juice.
1 pt. bread-crumbs.
3 tablespoonfuls butter.

Put the cream or stock on to boil. Mix the flour and butter together and stir into the boiling cream, then add the chicken and seasoning; boil for two minutes, and add two of the eggs well beaten; take from the fire immediately and set away to cool; when cool, shape, roll in egg and crumbs and fry. Many persons think a teaspoonful of chopped parsley an improvement.

CHICKEN CROQUETTES

2 cups finely chopped chicken.
1 cup chicken stock.
½ cup cream or milk.
2 eggs.
1 tablespoonful butter.
1 tablespoonful flour.
A little mace, nutmeg, pepper, and salt.

Mix the butter and flour together, and when the milk and stock have come to a boil add them to the butter and flour. Add the meat, and let all simmer together ten minutes, then add eggs pretty well beaten. Leave on the back of stove for a few minutes, but do not allow it to simmer. Pour in a dish to cool. When quite cool form into small rolls and roll in bread-crumbs, then in egg, and again in bread-crumbs. Cook in boiling lard.

CREAMED CHICKEN

One chicken of four pounds, or two of six pounds; four sweetbreads, one can of mushrooms. Boil chicken and sweetbreads and when cold cut up as for salad. In a sauce-pan put four coffee-cups or one quart of cream. In another sauce-pan put four large tablespoonfuls of butter and five even tablespoonfuls of flour. Stir until melted, then pour in the hot cream and stir until it thickens. Flavor with the small half of a grated onion and a very little nutmeg; season highly with black and red pepper. Put the chicken and cream in a baking-dish; add the mushrooms cut in pieces (if large), and cover with grated bread; put a number of pieces of butter on the top and bake ten or twenty minutes.

CHICKEN JELLY

Cut chicken into joints and put into a pan or stew-jar. Put in a very little salt and a peppercorn, and just cover with water; let it stew gently for two or three hours or more, adding a little water if required. When the meat falls from the bones take off the meat and pound up the bones, and give them an extra boil. Strain the liquid from the meat (and bones) and when cold take off any fat. It becomes a jelly, and can be eaten cold or warmed up.

CELERIED CHICKEN (ENTREE)

2 cups cold cooked chicken, minced.
1 cup milk.
1 tablespoonful butter.
1 heaping tablespoonful flour.
1 teaspoonful celery salt.
2 tablespoonfuls chopped parsley.
1 teaspoonful salt.
4 dashes pepper.
3 slices of toast, cut lengthwise.

Put butter and flour in saucepan, stir till butter is melted and smooth, add milk, salt and pepper, stir till it comes to

a boil, add parsley and celery salt, which have been mixed with a little of the butter mixture, add chicken. Arrange toast in strips (log-cabin style); place the chicken in centre and serve.

FONDU OF CHICKEN

1 cupful minced chicken (turkey or veal).
1 cup breadcrumbs.
1 cup of boiling milk.
½ onion boiled in the milk and strained out.
1 tablespoonful of butter.
1 slice cold boiled ham, minced.
2 eggs beaten.
Pinch of soda.
Pepper and salt.

Soak the crumbs in the milk, stir in the butter and beat very light. Let the mixture cool while you mince the meat and beat the eggs. Stir in the meat when the bread and milk are nearly cold; season, lastly adding the eggs. Beat well up. Put it into a well-greased baking dish; set in a brisk oven. When the fondu is a light delicate brown puff send at once to the table in the same dish in which it has been baked.

SAVORY DUCK

(To be served cold. A luncheon or supper dish.)

Bone the duck by cutting it open down the back, take out the back bone, the breast and then the leg bones. Put the bones, one pound of shin of beef, one onion, two cloves, one bay-leaf, some thyme and parsley, one carrot, a small piece of turnip, pepper and salt into a saucepan with three pints of stock or water. Chop one-half pound of veal with an onion, a little grated nutmeg, pepper, salt and one-half pound of green peas. Fill the duck with this and sew it up. Stew it with the bones for two hours. Take out the duck and strain the gravy. Put it in another pan and mix in one ounce of gelatine and the whites of two eggs. Beat it over the fire until it boils, then let it boil for ten minutes,

without stirring, with the lid on; it will then be clear when again skimmed. Cover the bottom of a dish (large enough to hold the duck) with cooked peas, carrots and turnip. Put a small cupful of the gravy, and let it get cool, then put in the duck (breast downwards); let the gravy be nearly cold, then pour it over the duck, which will then set in a firm jelly, and can be turned out on to another dish.

ROAST DUCK

Clean with care, and, after washing well, rinse out with soda and water. Lay in cold water for half an hour; wipe dry and stuff with bread-crumbs, seasoned with butter, pepper, salt, a half teaspoonful of onion-juice, and just a pinch of powdered sage. Dredge with salt, pepper, and flour; dash a cupful of boiling water over them and roast, covered, twelve minutes to the pound, if you like them rather rare; fifteen, if you would have them well done. Baste four times, the last time with butter, after which dredge with flour and brown.

Chop the giblets for the gravy, and thicken with browned flour. Green peas should accompany ducks.

BRAISED DUCK

Proceed as with braised goose, omitting the apple from the "bed" and adding onion and sage very sparingly.

STEWED DUCK

Ducks which are no longer in the first flush of youth may be treated satisfactorily in this way. Joint as for fricassee; pepper, salt, and flour them. Heat good dripping in a frying-pan and fry a sliced onion to a light brown. Take out the onion, put in the duck, and cook ten minutes, turning two or three times. Put into a sauce-pan a cupful of stock

or consommé, and while it is still cold lay in the jointed duck. Cover and stew slowly until tender, season with pepper and salt, a tablespoonful of tomato catsup, and a dash of lemon-juice. Simmer three minutes, stir in a tablespoonful of brown roux, cook a minute to thicken it, add a glass of sherry, and serve.

SALMI OF DUCK

Cut up the meat of a roasted or braised duck into neat dice, the bones, stuffing, and skin into small pieces. Cover the meat-dice with a marinade of salad oil and lemon-juice, and leave in a cold place while you prepare the gravy or sauce. Cover the bones, etc., well with cold water, add parsley, pepper, and salt, and simmer, after this reaches the boil, for two hours. Strain, thicken the gravy with browned flour rubbed up with a spoonful of butter; add the juice of half an onion, boil up and put in the meat. Draw to the side of the range and let it almost, but not quite, boil. Take out the meat and arrange neatly upon a flat dish. Add to the gravy half a can of champignons (or, if you can get them, fresh mushrooms are far better). Simmer three minutes and pour over the meat. Garnish with sippets of fried bread.

ROAST DUCKLING

Whip three tablespoonfuls of mashed potatoes to a white cream with butter and a tablespoonful of cream. Season with celery salt and white pepper, add three tablespoonfuls of almonds, blanched and chopped very fine. With this mixture stuff your young ducks when you have cleaned and washed them. Do not distend the bodies, but fill without packing. Truss and bind legs and wings into position with cotton-twine. Lay the plump creatures (they must be fat and white) upon the grating of your roaster, rub the breast with a split onion, dust with pepper, salt and flour; put a

cupful of boiling water into the pan and cover. Set in a very quick oven for the first fifteen minutes. Change, then, to a more moderate, and cook, still covered, ten minutes to the pound. Uncover, baste well with gravy, then with butter, dredge with flour, and brown. Skim the fat from the gravy, thicken with a tablespoonful of browned flour, rubbed up with two tablespoonfuls of currant jelly, and send to table in a boat. This is one of the choicest of summer delicacies.

RAGOUT OF DUCK AND GREEN PEAS

Cook the remnants of a pair of roast ducks as directed in recipe for Salmi of Duck, and when done pile the meat in the centre of the dish; put a quart of green peas, well boiled and drained, about them like a green fence, and pour the gravy over all.

REDHEAD OR CANVASBACK DUCK (ROASTED)

Singe and draw, but do not wash the ducks. Wipe them, inside and out, with a soft, damp cloth. Cut off the pinions and tie what is left of the wings to the bodies. Instead of stuffing them, pepper and salt the cavity of the body, wash out with salad oil and lemon-juice and put a teaspoonful of currant jelly, or three or four cranberries, in each. Put into your covered roaster; pour half a cupful of boiling water into the dripping-pan beneath; cover closely and cook half an hour, basting three times. Uncover, wash all over with a mixture of butter and lemon-juice, and brown. Serve with currant jelly.

REDHEAD OR CANVASBACK DUCK (BROILED)

Clean and wipe with a soft, damp cloth within and without. Split down the back and flatten the protuberant breast-bone with the broadside of a hatchet, then leave them in a

marinade of salad oil and lemon-juice for one hour, setting them in cold place. Without wiping them, broil over red, clear coals for twenty minutes, if they are plump and large; less time will do for small birds. Turn them twice. Serve with currant or grape jelly, and when dishing put upon each breast a teaspoonful of butter beaten to a cream with lemon-juice and finely chopped parsley.

ROAST GOOSE

The goose should not be more than eight months old, and the fatter the more tender and juicy the meat. Stuff with the following mixture: Three pints of bread crumbs, six ounces of butter, or part butter and part salt pork, one teaspoonful each of sage, black pepper and salt, one chopped onion. Do not stuff very full, and stitch openings firmly together to keep flavor in and fat out. Place in a baking pan with a little water, and baste frequently with salt and water (some add vinegar); turn often so that the sides and back may be nicely browned. Bake two hours or more; when done take from the pan, pour off the fat, and to the brown gravy left, add the chopped giblets which have previously been stewed until tender, together with the water they were boiled in; thicken with a little flour and butter rubbed together, bring to a boil and serve. English style.

ROAST PRAIRIE CHICKEN OR GROUSE

Test them, after cleaning and wiping, and if they are tough, put them—trussed as for roasting—into a steamer and set over hard-boiling water for half an hour. While still hot rub them well with butter and lemon-juice, salt and pepper, inside and out, put a small bit of fat salt pork in each and roast, covered, in a quick oven for half an hour. Baste three times with butter and hot water, and, just before

taking them up, with butter alone. They are dry birds and need mollifying. Serve with currant jelly and bread sauce.

GAME PIE

2 turkey livers.
Legs of 2 partridges.
1½ lbs. forcemeat.
1½ cups bread-crumbs.
½ teaspoonful cloves.
½ teaspoonful cinnamon.

Chop up the livers very fine, also the meat of the partridge legs; add the bread-crumbs after having put them through a sifter; add pepper and salt to taste. Mix all together and moisten with water. Put it in a pan and cook for half an hour, keeping it moist and turning over often. Put in a pie dish and cover with paste and bake. To be eaten cold.

BROILED GROUSE (LARDED)

Singe, clean, wipe well, split down the back, and lard the breasts with narrow strips of fat salt pork, drawn through the skin for an inch and out the other side with a larding-needle. Or if they are decidedly tough, steam for half an hour and lay until cold in a marinade of lemon-juice and oil. Pepper and salt and broil for fifteen minutes. Serve upon squares of toasted bread, or upon oblongs of fried hominy. Butter well before sending to table.

SALMI OF GROUSE

Cut neatly into joints a pair of underdone grouse and divide the breasts into two pieces each. Put a cupful of good stock or consommé in a saucepan, season well, add a minced onion, a chopped carrot, and a stalk of celery, with a little minced parsley, and cook slowly one hour. Rub through a colander, stir in a tablespoonful of brown roux, bring to a boil, and put in the grouse. After this it must not boil, but set it in a saucepan of boiling water just where it will keep

at the scalding-point for half an hour. At the last put in half a cupful of mushrooms, heated in their own liquor, and serve.

If you have preserved the cooked giblets of the grouse, mince them fine, work them to a paste with butter, season with salt and pepper, and spread them on buttered toast upon the dish intended for the salmi before it goes in. The toast will absorb the gravy and be delicious.

PERDRIX AUX CHOUX

Stuff partridge with turkey dressing; then stick on breast pieces of pork fat. Put lard down in pot and brown the partridge alone with pepper and salt. Roast well for twenty minutes in a covered pot. Then take out the partridge and put in the pot four onions stuck with cloves, one small cabbage cut in four, four slices of pork and bacon; fry brown. Put back the partridge and cover with hot water; simmer gently for an hour. Before taking off put in a tablespoonful of browned flour.

ROAST QUAIL

Draw and wipe carefully within and without with a soft, damp cloth. Put a whole raw oyster in the body of each, and truss as you would a chicken. Bind thin slices of fat bacon over the breast; lay upon the grating of your roaster, put a very little hot water under them and cook, covered, in a lively oven, for twenty minutes, basting three times with butter and water. Wash well with butter, pepper, and salt, and serve upon squares of buttered toast, wet with gravy from the roaster.

BROILED QUAIL

Draw, wipe, and split down the back, then leave them in a marinade of salad oil and lemon-juice for half an hour. Without wiping, broil on a wire "bird-broiler" for ten min-

utes, turning twice. Butter, salt, and pepper them, and serve on squares of buttered toast, upon each of which has been poured a teaspoonful of hot stock.

ROAST PARTRIDGE

Clean and truss as you would chickens. Bind thin slices of fat salt pork or bacon over the breasts and put into your roaster with half a cupful of boiling water. Pepper and salt the birds and wash over with melted butter, letting it drip into the pan below. Cook, covered, forty-five minutes, basting four times with butter and water. Serve with a good bread sauce, but after dishing pour over the birds several spoonfuls of their own gravy from the pan.

ROAST PIGEON (WILD)

Unless you are sure that they are tender, stew them or put them into a pie. Draw and wash them thoroughly; wipe dry, salt and pepper the insides; truss and bind them into shape with cotton string; cover the breasts with thin slices of fat bacon tied in place, lay them, breasts upward, in your roaster, and pour in half a cupful of hot water or weak stock. Cook, covered, fifteen minutes; remove the pork, rub all over with butter and lemon-juice, and brown. Keep the pigeons hot while you stir into the gravy a tablespoonful of butter cut up in one of browned flour and another of currant jelly. Boil up once and pour over the pigeons.

BROILED SQUAB

Split down the back, rub all over with butter, salt and pepper them, and broil over red coals. Serve upon buttered toast wet with a little hot stock or gravy.

BRAISED PIGEON WITH MUSHROOMS

Drain, wash, and stuff with a force-meat of crumbs and chopped fat pork, seasoned with onion-juice, salt, and pepper. Prepare the usual bed of vegetables—minced carrot, onion, celery, and parsley. Lay the pigeons upon it; add a cupful of stock, or of butter and water, cover and cook gently one hour, or until tender. Dish the birds and keep hot; rub the gravy through a colander into a sauce-pan, season to taste, add a dozen fresh mushrooms cut into small pieces, simmer five minutes, thicken with a tablespoonful of brown roux, boil up and pour over the pigeons.

PIGEON PIE

Clean, wash, and joint; wipe dry, pepper, salt, and sauté them in hot dripping in which an onion has been fried. Butter a deep dish and lay in the meat alternately with layers of fat salt pork, chopped fine, hard-boiled eggs, and the giblets of the birds boiled and minced. Dredge flour over the pigeons as they go in. When the dish is full pour in a cupful of water in which the giblets were cooked, seasoned with pepper and salt. Cover the pie with a good crust, cut a slit in the middle, and bake one hour in a moderate oven.

ENGLISH JUGGED PIGEON

Clean, wash, and stuff with a good force-meat of crumbs, chopped fat pork, the yolks of two hard-boiled eggs rubbed to powder, and a tablespoonful of celery boiled tender and chopped. Season to taste with onion-juice, pepper, and salt. Truss the birds; tie wings and legs close to the bodies and pack in an agate-iron pail with a close top. Plunge this into boiling water deep enough to cover the pail almost to the top, but not to float it. Put a weight on the top to keep the pail from turning over as the boiling becomes hard, and cook for

three hours if the pigeons are tough. Dish the birds, thicken the gravy with browned flour, add a tablespoonful of tomato catsup, boil up and pour over the pigeons.

CURRIED PIGEON

Cook as above directed, dish and add to the gravy two teaspoonfuls of curry-powder. Boil one minute before pouring over the birds. Serve with boiled rice. Serve ice-cold bananas with this dish.

WOODCOCK, SNIPE, AND OTHER SMALL BIRDS

are usually broiled in the same manner as squabs. They are also nice (especially woodcock) cleaned and left whole, the head skinned, the eyes extracted, and the head twisted over the shoulder until the bill pierces the body. Bind a thin slice of fat pork or bacon closely about each bird. When all are ready lay them upon the grating of your covered roaster, pour a very little boiling water under them, cover and roast fifteen minutes. Remove the bacon, wash the birds over with butter, and brown. Boil the giblets and pound fine; rub to a paste with butter; season to taste. Have ready squares of toast, buttered. Wet with the pan-gravy and spread with the paste, laying a bird upon each.

BORDEAUX STEWED RABBIT

Skin, clean, and joint. Heat a tablespoonful of butter in a sauce-pan and fry in it a sliced onion. When it is slightly colored put in the pieces of hare, salted, peppered, and dredged with flour, and cook five minutes, turning over and over that all parts may be seared. Cover with cold water or weak stock, add parsley, sweet marjoram, pepper, and salt, and stew gently until tender. Take up the meat with a skimmer and pile upon a dish. Add to the gravy in the

sauce-pan a great spoonful of brown roux, a teaspoonful of Worcestershire sauce, and, if you like, half a cupful of chopped champignons. Boil two minutes, take from the fire, add a glass of claret, pour over the meat, cover and set in an open oven for five minutes before serving.

ROAST HARE OR RABBIT

"Old hare" at the South, let the age be what it may. At the North and West it is rabbit, tame or wild. Skin and clean them. The latter process should be thorough. Good cooks are sometimes less heedful than they should be in this respect. Chop the livers fine, also a slice of fat pork, and mix with bread-crumbs. You may add a few champignons or mushrooms if you like. Season with pepper, salt, and onion-juice. Stuff the rabbits with this, sew them up, and anoint well with salad oil and lemon-juice, leaving them in this marinade for an hour. Put into the roaster, pour a cupful of weak stock, or consommé, or butter and water under them; cover and cook for an hour. Take off the bacon, wash over with butter, and brown. Dish the hares, and keep hot, while you thicken the gravy with browned flour, boil up, add a teaspoonful of catsup and half a glass of claret, pour a few spoonfuls over the rabbits, the rest into a boat.

JUGGED HARE

Skin, clean, and joint a full-grown rabbit, or hare. Cut the back into two pieces and sever every joint. Fry a sliced onion to a pale brown in hot dripping, put in the meat, peppered, salted, and floured, and cook for ten minutes, fast, turning often. Put into the bottom of an agate-iron sauce-pan a layer of chopped fat salt pork, sprinkle with onion, parsley, and paprica. Upon this lay the pieces of hare and cover with another layer of chopped pork and onion. A few bits of fresh tomato would not be amiss. Pour in a cupful of

cold, weak stock in which a stalk of celery has been boiled, then remove. Fit on a tight top, set in a vessel of cold water, and bring slowly to a boil. Keep this up for three hours, or until the meat is tender. Dish the pieces of rabbit, thicken the gravy with browned flour; add a tablespoonful of currant jelly and one of lemon-juice, simmer one minute, pour in a glass of sherry and turn all upon the meat. Garnish with triangles of fried hominy, serving a bit with each portion of hare. This is an English dish and good.

ROAST HAUNCH OF VENISON

(English Style.)

To prepare a haunch of venison for roasting, wash it slightly in tepid water, and dry it thoroughly by rubbing it with a clean, soft cloth. Lay over the fat side a large sheet of thickly buttered paper, and next a paste of flour and water about three-quarters of an inch thick; cover this again with two or three sheets of stout paper, secure the whole well with twine, and put down to roast, with a little water, in the dripping-pan. Let the fire be clear and strong; baste the paper immediately with butter or clarified drippings, and roast the joint from three to four hours, according to its weight and quality. Doe venison will require half an hour less time than buck venison. About twenty minutes before the joint is done remove the paste and paper, baste the meat in every part with butter, and dredge it very lightly with flour; let it take a pale brown color, and serve hot with unflavored gravy made with a thickening, in a tureen and good currant jelly. Venison is much better when the deer has been killed in the autumn, when wild berries are plentiful, and it has had abundant opportunities to fatten upon this and other fresh food. Venison should never be roasted unless very fat. The shoulder is a roasting piece, and may be done without the paper or paste.

JELLIED VENISON

A good sized piece of boiling venison.
1 small onion.
A little cayenne.
A few cloves.
A dessertspoonful ground cinnamon.
1 wineglass good port.
A little gelatine if needed.

Take a good sized boiling piece of venison, soak in salted water one-half hour, then put on to boil, onion, cayenne pepper, a few cloves, and ground cinnamon. When done take the venison out carefully so as not to break; put in mould, then take the liquor or stock, add a wineglass of good port, strain all and pour over venison; add a little gelatine if liquor is not sufficient to harden.

BROILED VENISON STEAK

Venison steak should be broiled over a clear fire, turning often. It requires more cooking than beef. When sufficiently done, season with salt and pepper, pour over two tablespoonfuls of currant jelly, melted with a piece of butter. Serve hot on plates.

Delicious steaks, corresponding to the shape of mutton chops, are cut from the loin.

BAKED SADDLE OF VENISON

Wash the saddle carefully; see that no hairs are left dried on to the outside. Use a saddle of venison of about ten pounds. Cut some salt pork in strips about two inches long, and an eighth of an inch thick, with which lard the saddle with two rows on each side. In a large dripping-pan cut two carrots, one onion, and some salt pork in thin slices; add two bay leaves, two cloves, four kernels of allspice, half a lemon, sliced, and season with salt and pepper; place the saddle of venison in the pan, with a quart of good stock, boil-

ing hot, and a small piece of butter, and let it boil about fifteen minutes on top of the stove; then put it in a hot oven and bake, basting well every five minutes, until it is medium rare, so that the blood runs when cut; serve with jelly or a wine sauce. If the venison is desired well done cook much longer, and use a cream sauce with it, or stir cream into the venison gravy. In ordering the saddle request the butcher to cut the ribs off pretty close, as the only part that is of much account is the tenderloin and thick meat that lies along the backbone up to the neck. The ribs which extend from this have very little meat on them, but are always sold with the saddle. When neatly cut off they leave the saddle in a better shape, and the ribs can be put into your stock-pot to boil for soup.

VENISON PIE OR PASTRY

The neck, breast and shoulder are the parts used for a venison pie or pastry. Cut the meat into pieces (fat and lean together) and put the bones and trimmings into the stew-pan with pepper and salt, and water or veal broth enough to cover it. Simmer it till you have drawn out a good gravy. Then strain it.

In the meantime, make a good rich paste, and roll it rather thick. Cover the bottom and sides of a deep dish with one sheet of it, and put in your meat, having seasoned it with pepper, salt, nutmeg and mace. Pour in the gravy which you have prepared from the trimmings, and a glass of port wine. Lay on the top some bits of butter rolled in flour. Cover the pie with a thick lid of paste and ornament it handsomely with leaves and flowers formed with a tin cutter. Bake two or more hours according to the size. Just before it is done, pull it forward in the oven, and brush it over with beaten egg; push it back and let it slightly brown.

SOUFFLE DE VOLAILLE

1 lb. raw chicken.
3 oz. butter.
4 eggs.
1½ pts. double cream.
Pepper and salt to taste.

Pound meat in a mortar (or pass twice through fine mincer), add gradually three ounces butter, four yolks and two whites of eggs. Season to taste and then pass through a hair sieve; whip the remaining two whites of eggs to a stiff froth; half whip the cream and stir these in very gently to the chicken mixture. Steam very gently in mould for three-quarters of an hour. Turn out and serve with good white sauce made with butter, flour, milk, good chicken stock and a little cream.

"MY DEVIL"

1 tablespoonful of Worcestershire sauce.
1 small dessertspoonful anchovy sauce.
3 teaspoonfuls made mustard.
1 saltspoonful of salt.
1 saltspoonful pepper.
½ saltspoonful cayenne.
1 tablespoonful of vinegar.
1 teaspoonful brown sugar.
One squeeze of lemon, one glass port wine.

Mix together and heat in saucepan, and pour over grilled turkey legs, or any cold meat grilled for breakfast or lunch.

THE BEGUM'S CURRY

Meat or chicken.
1 tablespoonful curry.
1 tablespoonful vinegar.
½ tablespoonful Harvey sauce.
Salt, cocoanut, butter, ground rice.
Onions.
½ cup gravy.

Cut some meat into small dice, and put butter in frying-pan; fry the meat a nice brown. While cooking, add all ingredients, which must be previously all mixed together.

One tablespoon curry powder, one of vinegar, one-half of Harvey sauce, a little salt, the juice of a cocoanut, ground rice and butter. Then add half a cup of gravy. Stir all together. Let it cook a little while, and then turn the curry into a brown earthenware jar. Fry some onions in butter, and add to the curry. Let the jar stand on the hob and simmer until required.

TIMBALES

1 cup milk.
1 cup flour.
1 egg, well beaten.
Lard for frying.

Beat all together; let stand one hour. Have ready a saucepan of boiling lard. Put timbale-iron first in lard, then in batter and then in lard again for one-half minute, when the shells will fall off the iron readily. Fill with creamed chicken and garnish with parsley or cress after heating a few moments in the oven. The shells can be made the day before if desired and heated when required.

GAME SAUCE

1 pk. ripe plums.
½ doz. white onions.
1 pt. vinegar.
4 lbs. white sugar.
1 teaspoonful cayenne.
1 teaspoonful black pepper.
2 oz. stick cinnamon broken in pieces.
1 teaspoonful salt.

Stone the plums. Chop onions and plums very fine. Put the plums on to cook in a saucepan, the onions on in the vinegar. Cook until done. Then add the plums, also sugar and seasoning. It will take several hours to cook, doing slowly at the back of the stove. When cool cork tight in bottles.

CREAMED CHICKEN

2¼ lbs. chicken, raw.
½ lb. cooked sweetbreads.
2 tablespoonfuls butter.
1 pt. cream.
½ can mushrooms.
1½ tablespoonfuls flour.

When chicken and sweet-breads have been cooked tender allow them to cool, chopping sweet-breads fine. Put butter in a saucepan; when melted add flour, and when dissolved, cream, which has been heated. When thick add seasoning and chicken. Mix all well together; pour into a baking-dish, spread bread-crumbs and butter on top and bake twenty minutes. Garnish with parsley.

POTATO STUFFING FOR ROAST GOOSE

Eight good-sized potatoes, boil and mash, salt and pepper to taste, four onions very finely chopped and mixed with hot potato. Stuff body of goose as full as possible.

FOWL DRESSING

Steam very stale bread according to size of fowl, add finely chopped onions and apples, raw eggs, salt, pepper and allspice to taste. Quantities: for a duck: Small bowl bread, one onion, two apples, three eggs, mixed well.

WRITTEN RECIPES

WRITTEN RECIPES

WRITTEN RECIPES

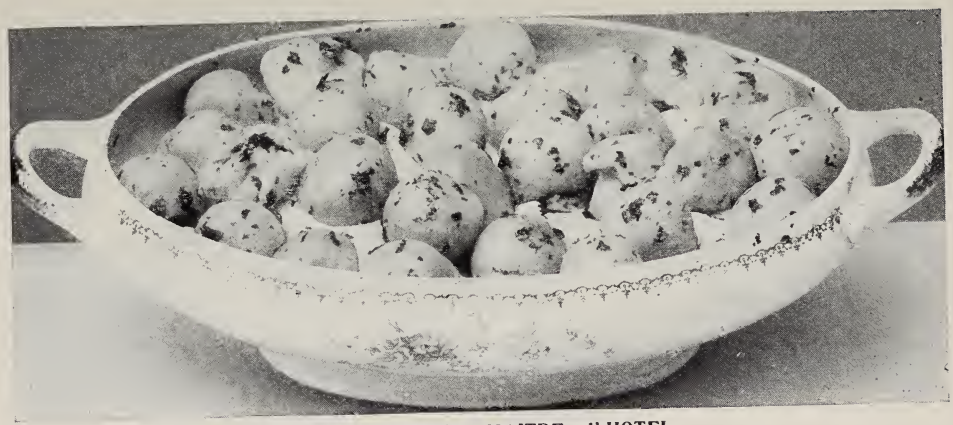
WRITTEN RECIPES

VEGETABLES

Vegetables of all kinds should be thoroughly picked over, throwing out all decayed or unripe parts, then well washed in several waters. Most vegetables, when washed, are better when laid in cold water a short time before cooking. When partly cooked, a little salt should be thrown into the water in which they are boiled, and they should cook steadily after they are put on, not allowed to stop boiling or simmering until they are thoroughly done. Every sort of culinary vegetable is much better when freshly gathered and cooked as soon as possible, and, when done, thoroughly drained, and served immediately while hot.

Onions, cabbage, carrots and turnips should be cooked in a great deal of water, boiled only long enough to sufficiently cook them, and immediately drained. Longer boiling makes them insipid in taste, and with too little water they turn a dark color.

Potatoes rank first in importance in the vegetable line, and consequently should be properly served. It requires some little intelligence to cook even so simple and common a dish as boiled potatoes. In the first place, all defective or green ones should be cast out; a bad one will flavor a whole dish. If they are not uniform in size, they should be made so by cutting after they are peeled. The best part of a potato, or the most nutritious, is next to the skin, therefore they should be pared very thinly, if at all; then (if old, the cores should be cut out) thrown into cold water salted a little, and boiled until soft enough for a fork to pierce through easily; drain immediately, and replace the kettle on the fire with the cover partly removed, until they are com-



NEW POTATOES, MAITRE d' HOTEL

pletely dried. New potatoes should be put into boiling water, and when partly done salted a little. They should be prepared just in time for cooking, by scraping off the thin outside skin. They require about twenty minutes to boil.

POTATO RICE

Press well-seasoned mashed potatoes through a colander or a potato press on to the centre of a dish, leaving the little flakes piled up. Serve chops or minced meat around the mound of potato.

POTATO RISSOLES

Take some stiff mashed potatoes. Make a stuffing with two teaspoonfuls of breadcrumbs, a chopped tomato, a little parsley or herb seasoning, and moisten with beaten egg. Shape two rounds of potato, make a little hollow in one, fill with stuffing and press the other over it, roll in egg and breadcrumbs and then fry.

BAKED POTATOES

Select large potatoes of uniform size and shape, wash and scrub them with a brush; bake them in a hot oven about an hour; press them to see if done, but do not pepper them with a fork; when soft break the skin in one place and serve at once. They become watery if kept.

LYONNAISE POTATOES

Put one and a half tablespoonfuls of butter in a frying pan. When melted add a scant tablespoonful of chopped onion; let it slightly color, then add two cupfuls of cold boiled potatoes cut into dice. Stir until the potato has absorbed all the butter, and become slightly browned; then sprinkle with salt, pepper, and a tablespoonful of chopped parsley. Mix well, and serve very hot.

FRIED POTATOES

Cold boiled potatoes are sliced, then put into a sauté-pan with butter, and cooked until browned on both sides. If rolled in flour they will form a crisp crust. Raw potatoes are sliced or cut into any shape, and put into cold water for half an hour. They are then well dried on a napkin, and immersed in hot fat until done. Too many must not be put in the basket at once, as it cools the fat. Fry them to an amber color; then drain, and place them on a paper in the oven until all are done. Serve them at once, as they lose their crispness if kept.

FRIED POTATO BALLS AND STRAWS

To make balls use a potato scoop; press it well into the potato before turning it. To make straws cut the potato into slices lengthwise, and then into strips, making each one about one-eighth of an inch thick.

Slices or strips cut with a fluted knife are good forms for fried potatoes. Fry the potatoes in hot fat, using a basket. Fancy fried potatoes are used to garnish any broiled meat dish. There are many kinds of cutters to give different shapes to potatoes.

SARATOGA POTATOES

Cut the potatoes with a plane into slices as thin as paper if possible. Let them soak in cold water for a little time to wash out the starch; then put them into fresh water with a piece of ice to thoroughly chill them. Drain a few of the slices at a time, dry them on a napkin; put them in a frying-basket and immerse them in smoking-hot fat. Keep them separated, and remove as soon as slightly colored. Turn them into a colander to drain, and sprinkle them with salt. When the second lot are fried turn those in the colander on

to a paper in the open oven, and so on until all are done. Saratoga potatoes should be perfectly dry and crisp. They may be used hot or cold, and will keep for some time in a dry place. If wanted hot, place them in the oven a moment before serving.

PUFFED OR SOUFFLE POTATOES

Peel the potatoes; cut the sides square, and trim off the corners, so as to give an oval shape. With one even cut slice them one-eighth of an inch thick the length of the potato; they must be all the same size and shape. Soak them in cold water for half an hour; dry them on a napkin, and fry them in fat which is only moderately hot until they are soft, but not colored. Remove and place them on a sieve to drain and cool. Then immerse them in hot fat, when they will puff into balls. Toss the basket, and remove any that do not puff. Sprinkle with salt, and serve them on a napkin, or as a garnish. Holland potatoes best suit this purpose; it is impossible to get the same result with most of the other varieties.

SWEET POTATOES

Wash and scrub the potatoes; put them in boiling water, and cook until they can be pierced with a fork; then pour off the water. Cover the pot with a cloth, and draw it to the side of the range to let the potatoes steam for ten minutes. Peel them before serving.

BAKED SWEET POTATOES

Wash and scrub the potatoes without breaking the skin. Bake until soft; then break the skin in one place, and serve at once.

BROWNED SWEET POTATOES

Cut cold boiled potatoes into slices one-quarter of an inch thick. Sprinkle them with salt and pepper; spread with

butter, and sprinkle with sugar. Place them in a hot oven to brown.

SWEET POTATO PUREE

Mash thoroughly the boiled potatoes, and season them well with salt, pepper, and butter; add enough hot milk to moisten them. Serve it the same as mashed white potato; or put it in a pudding-dish, brush the top with egg, and brown it in the oven. Serve with it a tomato sauce, and use as a luncheon dish. Either boiled or baked potatoes may be used.

STEWED TOMATOES

If fresh tomatoes are used remove the skins by placing them in boiling water a few minutes; they will then peel off easily. Cut them in pieces, and stew in a granite-ware saucepan until tender. To one quart of tomatoes add one teaspoonful each of salt and sugar, one-quarter teaspoonful of pepper, and a tablespoonful of butter. Thicken with a teaspoonful of cornstarch wet in cold water, or with one-half cupful of cracker or breadcrumbs—chopped onions are relished in this dish—well cooked.

SCALLOPED TOMATOES

Season a can of tomatoes with one teaspoonful of salt, and one-quarter teaspoonful of pepper. Spread a shallow baking dish with a thin layer of breadcrumbs; pour in the tomatoes, sprinkle over them a tablespoonful of sugar, and a few drops of onion juice. Cover the top with a cupful of breadcrumbs which have been moistened with a tablespoonful of melted butter. Bake in a hot oven for fifteen minutes. Serve in the same dish.

STUFFED TOMATOES

Large firm tomatoes.
1 tablespoonful butter.
1 tablespoonful onion chopped fine.
¾ cup chopped meat.
1 tablespoonful chopped parsley.
1 cup breadcrumbs.
1 teaspoonful salt.
¼ teaspoonful pepper.
1 egg, if desired.

Select large, firm tomatoes; do not remove the skins; cut a small slice off the stem end, and scoop out the inside. Fill them with stuffing made as follows: Put butter in a saucepan; when hot add onion chopped fine. Let it color slightly; then add meat, chicken, or livers, parsley, breadcrumbs, the pulp taken from the tomatoes, salt, pepper, egg. Stir it over the fire until it is consistent. Dust the inside of the tomatoes with salt and pepper, and fill them, letting the stuffing rise half an inch above the tomato, and place a piece of butter on it. The above amount of stuffing is enough for eight tomatoes. Cut slices of bread one-half inch thick into circles the size of the tomato; dip them quickly in water, and place in a baking-pan. Place a tomato on each piece of bread, and bake in oven about fifteen minutes, or until the stuffing is browned. A brown sauce may be served with this dish. The meat may be omitted from the stuffing if desired. If convenient it is better to use oil instead of butter with tomatoes.

ROASTED TOMATOES

Peel the tomatoes; cut a piece off the top, and remove a little of the pulp. Put a piece of butter or a few drops of oil in each one; dust with salt and pepper, replace the top, sprinkle it with crumbs, pepper, and salt. Put a small piece of butter or a little oil on each one, and place on a slice of bread. Bake in oven fifteen to twenty minutes.

BROILED TOMATOES

Cut the tomatoes horizontally in two; leave the skins on. Place them on a broiler with the skin side down; dust with salt and pepper, and broil without turning, over a moderate fire, fifteen to twenty minutes, or until tender. Lay them on a hot dish, and spread each piece with either butter, oil, maître d'hôtel sauce, hot Mayonnaise or Béarnaise, or the tomatoes may be cut into thick slices, covered with oil, and then broiled, turning frequently.

TOMATO PILAFF

Cook together one cup of stewed and strained tomato, one minced onion, one cup stock or gravy, with seasoning of salt and pepper. When boiling add one cupful of rice and toss lightly until the liquor is absorbed. Melt one-half cupful of butter, pour over the rice and set on back of stove to steam. After about twenty minutes remove the cover, shake well, that the kernels may be distinct, and cover with a towel until ready to serve.

TOMATOES AND CHEESE

One tin of tomatoes, one cup of grated cheese, dash of cayenne pepper and salt in cheese, lump of butter on top, four or five soda biscuits crumbed. Bake in a pudding-dish in oven.

STEWED TOMATOES

Pour boiling water upon tomatoes to loosen their skins, and peel them. Slice, or cut into dice, and cook in a porcelain or agate-iron saucepan for twenty minutes. Drain off the superfluous liquid, pepper and salt it, and keep for sauces, stews, and soups. Stir into the hot tomatoes, for each quart, a tablespoonful of butter rolled in corn-starch or in fine cracker-dust, a teaspoonful each of salt and pepper, and half

a teaspoonful of grated onion. Cook three minutes longer and serve.

TOMATOES AU GRATIN

1 qt. tomatoes.
1 cup breadcrumbs.
1 small onion chopped.
1 teaspoonful sugar.
2 tablespoonfuls melted butter.
Cayenne and salt.

Cut a piece from the top of each tomato. Scoop out the inside, leaving a hollow shell. Chop the pulp fine, mix with the crumbs, butter, sugar, pepper, salt, and onion. Fill the cavities of the tomatoes with this stuffing, heaping and rounding each; scatter fine crumbs on the top, and arrange in a bake-dish. Set the dish, covered, in an oven, and bake half an hour before uncovering, after which brown lightly, and send to table on a hot platter.

BROILED TOMATOES WITH SAUCE

6 fine tomatoes, pared and sliced thick.
3 hard-boiled eggs (yolks mashed).
3 tablespoonfuls melted butter.
3 tablespoonfuls vinegar.
2 raw eggs, beaten light.
1 teaspoonful sugar.
½ teaspoonful each of made mustard and salt.
A pinch of cayenne.

Rub butter, pounded yolks, pepper, salt, mustard, and sugar together. Beat hard, add vinegar, and heat to a boil. Put this gradually upon the beaten eggs and whip to a smooth cream. Set in hot water while you broil the tomatoes in an oyster-broiler over clear coals. Lay this upon a hot-water dish and pour the scalding dressing upon them.

You may substitute a simpler sauce for this dressing, such as maître d'hôtel sauce, or one made by beating two teaspoonfuls of lemon juice in three tablespoonfuls of butter, and seasoning this with a little mustard or cayenne.

TOMATOES ON TOAST

Wash and slice in half-inch rounds good firm tomatoes; place a layer of tomatoes on slices of bread half-inch thick; sprinkle with pepper and salt, and on each round of tomato put a small piece of butter. Bake in shallow meat-pan in rather quick oven until bread turns golden brown. Serve at once.

SCALLOPED TOMATOES

Butter a bake-dish and cover the bottom with fine, dry crumbs. Next put a layer of sliced and peeled tomatoes; season with pepper, salt, sugar, butter, and a few drops of onion-juice. More crumbs and more tomatoes until the dish is full. The top layer should be crumbs, peppered, salted, and buttered. Bake half an hour, covered. Uncover and brown. If canned tomatoes are used, drain off half the juice before you begin the scallop, or it will be too watery. Season the liquor and save for sauces and soups.

SCALLOPED TOMATOES

Large ripe tomatoes.
2 slices fat salt pork.
1 small onion.
Breadcrumbs, sugar, salt and pepper.

Peel and slice tomatoes. Chop salt pork and onion. Place a layer of tomatoes in a pudding-dish, pepper and salt lightly, sprinkle with a very little sugar and with the pork and onion. Cover with crumbs and continue using the ingredients in this order until the dish is full. Have the top layer crumbs. Bake, covered, half an hour, then uncover and brown ten minutes. Serve in the dish in which they were baked.

BAKED TOMATOES

Peel with a sharp knife. Cut a piece from the top and gouge out most of the pulp, leaving the walls intact. Season

what you have removed with pepper, salt, sugar, a few drops of onion-juice, and twice as much salad oil when you have chopped the pulp rather coarsely. Put it back into the tomatoes, replace the top, sprinkle with oil, paprica, and salt, and arrange upon a baking-pan. Bake, covered, for twenty minutes, and uncovered for five, and serve upon buttered Graham-bread toast.

FRIED TOMATOES IN BATTER

A nice side-dish is made by dipping slices of ripe tomatoes into a batter made of flour, milk and an egg, and then frying them a delicate brown.

FRIED TOMATOES (PLAIN)

Wash and wipe, but do not peel, the tomatoes. Slice, dust each piece with paprica, salt, and sugar, sprinkle with a few drops of onion-juice; dip in fine corn-meal, and fry in deep, hot cottolene, as you would fritters. Serve dry with fish or with chops.

DEVILED TOMATOES

1 qt. firm tomatoes.
3 hard-boiled eggs.
3 tablespoonfuls melted butter.
3 tablespoonfuls vinegar.
1 teaspoonful made mustard.
2 raw eggs, beaten light.
1 teaspoonful powdered sugar.
1 saltspoonful salt.
Pinch of cayenne.

Pound the boiled yolks; rub in the butter and seasoning. Beat light, add the vinegar, and heat almost to a boil. Stir in the beaten egg until the mixture begins to thicken. Set in hot water while you cut the tomatoes in slices nearly half an inch thick. Broil over a clear fire upon a wire oyster-broiler. Lay on a hot-water dish, and pour the hot sauce over them.

EAST INDIAN RAGOUT OF TOMATOES

1 cocoanut.
2 cups fresh diced tomatoes.
1 large green pepper, chopped.
A tiny pinch of chopped garlic.
1 tablespoonful grated onion.
1 teaspoonful curry.
1 tablespoonful flour.
1 tablespoonful butter.
¼ teaspoonful soda.

Break the shell of a cocoanut, saving the milk if it be sweet. Grate the meat when you have taken off the brown skin. Heat the milk and pour over the grated cocoanut. (If the milk be not sweet use a cupful of boiling water, slightly sweetened with loaf-sugar.) Set aside, covered, until perfectly cold, then strain through a muslin bag, squeezing out every drop of liquid. Peel and cut tomatoes to make two cupfuls; add green pepper, chopped, chopped garlic, grated onion, and stew gently for twenty minutes. Add the curry and draw to the side of the range, while you heat the cocoanut-milk and thin with it a roux of one tablespoonful of flour, stirred smooth into a larger spoonful of boiling butter. Season with salt to taste, pour all together in a deep dish, stir in soda, and serve while frothing. It will be relished by the lovers of highly seasoned sauces and stews. Eat with roast, or boiled chicken, or with fish.

CREAMED ONIONS

Peel one quart of medium-sized onions, place them in a saucepan, cover with boiling water; add one teaspoonful of sugar, and boil until nearly done; add one teaspoonful salt; boil a few minutes longer, then drain in a colander. Melt two tablespoonfuls of butter, add half a tablespoonful of flour. Stir and cook two minutes; add one cupful of hot milk and cook two minutes longer, and season with whole pepper and salt. Put the onions in a hot dish and pour the sauce over them.

BAKED ONIONS

A Norwegian Recipe.

Cook tender in two waters—the second salted and boiling. Drain well, pressing each onion in a coarse cloth, gently, not to break it, and when they are dry, lay all together, side by side, in a bake-pan. Pepper, salt, and butter, and add a cupful of stock. Brown in a quick oven; take out the onions and keep them hot in a deep dish while you thicken the gravy left in the pan with browned flour. Pour over the onions, set in the oven for two minutes, and serve.

BERMUDA ONIONS (STUFFED)

Peel large Bermuda or Spanish onions, and parboil them for ten minutes. Drain, and let them get perfectly cold. With a sharp knife dig out the centre from each and fill with a force-meat of minced meat, veal, ham, or chicken, well seasoned, and mixed with one-third as much fine crumbs. Season with salt and cayenne and a little butter. Set the stuffed onions close together in a dish, fill the interstices with crumbs, and scatter more over the top. Pour about them enough weak stock to keep them from burning—about an inch in the bottom of the dish will do—and cook, covered, half an hour. Uncover and brown lightly. Onion-lovers will find this very palatable.

ONION SOUFFLE

1 cup white sauce.
½ cup breadcrumbs.
1 cup cooked onions (chopped).
⅔ cup milk.
⅛ teaspoonful white pepper.
Yolks of 3 eggs, whites beaten dry.
⅛ teaspoonful salt.

Soak the crumbs in cold milk, add white sauce, onions, yolks, pepper, salt, and last beaten whites. Turn into buttered mould and bake forty-five minutes.

ONION FRITTERS

Slice onion across and then pull apart. Then make a batter—the whites of two eggs, half cup milk; put in slowly two heaping tablespoonfuls of flour and a little salt; mix in onion thoroughly and fry in boiling lard; dry on brown paper.

RICE CROQUETTES

Put three-quarters of a cup of milk in a sauce-pan over the fire with a generous tablespoonful of butter, a heaping teaspoonful of sugar, and, when it comes to a boil, add a cup and a half of boiled rice, a saltspoonful of powdered cinnamon or nutmeg, and salt to taste. Mix well, let it come to a boil. Add a beaten egg, remove from the fire, turn into a plate to get cold, form into cylinders and fry in hot butter.

BOILED RICE

Have a large saucepan three parts full of water, let the water boil very fast, drop the rice in through the fingers, stirring with a fork; keep it boiling very fast for ten minutes, stirring all the time. Put it into a wire sieve and let cold water run through for three minutes, put back into a dry sauce-pan; separate the grains with a fork; stand it on the stove to dry, stirring occasionally. Do not cover rice while drying.

TO BOIL RICE

(Chinese Recipe in Native's Own Words.)

Wash him well, much wash in cold water, the rice water make him stick, wash all quite away. Water boil in sauce-pan all ready, very fast; throw rice in, can't burn water shake him so much. Boil quarter of an hour or little more. Rub rice in finger and thumb, if soft him well done. Put rice in colander, hot water go away; pour cup of cold water

on him; put back rice in saucepan, keep him covered up near fire; then rice all done, eat him up.

BAKED RICE CURRY

(An East Indian Dish.)

Wash a cupful of raw rice in three waters, and let it soak fifteen minutes in water enough to cover it. Boil an onion in a quart of water with a little salt until the onion is very soft. Strain the water, squeezing the onion hard in a bit of cloth. Throw it away, put the water over the fire with a heaping teaspoonful of curry-powder, and when it boils again pour upon the rice and the water in which it was soaked. Turn all into a jar with a close top, or a casserole dish with a cover, and set in a moderate oven until the rice has soaked up the liquid and is swollen and soft, but not broken. Serve in a deep, open dish, and pour over it a few spoonfuls of melted butter, loosening the rice gently with a fork to allow the butter to penetrate to the bottom. Serve with roast chicken, veal, or fish.

TURNIPS A LA CREME

Cook some young turnips in the usual manner and mash them with plenty of cream. Serve in small portions on slices of toast or fried bread with a few capers spread over them. This makes a nice dish with which to commence a dinner where soup is not served.

YOUNG TURNIPS

Peel and quarter. Cook half an hour, or until tender, but not broken, in boiling, salted water. Drain, still without breaking, and dish. Sprinkle with pepper and salt, then butter plentifully and serve. Turnips must be served hot, or they are not fit to eat.

YOUNG TURNIPS (STEWED)

Peel and quarter, or slice. Boil fifteen minutes in hot, salted water, drain and cover with a cupful of milk that has been heated in a separate vessel with a tiny bit of soda. When they simmer again stir in a tablespoonful of butter rolled in half as much flour, pepper and salt to taste, and stew gently fifteen minutes more. Serve in a deep, covered dish, and very hot.

YOUNG TURNIPS (FRIED)

Pare and slice crosswise a quarter of an inch thick. Lay in ice-cold water half an hour, then cook tender, but not too soft, in boiling water without salt. Drain, lay upon a soft cloth until dry and lukewarm, sprinkle with pepper and salt, flour, and fry in hot cottolene; or, dip in beaten egg, then in cracker-dust, and fry.

WAYS OF COOKING CABBAGE

Select firm, crisp heads, and boil briskly in plenty of water, keeping closely covered, or if possible cut up the cabbage, remove the hard core and steam. This will avoid the odor of cooking. When perfectly tender chop in a wooden bowl, have a white sauce ready of milk well thickened with corn-starch and flavored with mace or nutmeg. In this stir your chopped soft cabbage, beat vigorously until becoming pulpy, adding for a good sized vegetable dishful a lump of butter the size of a small egg. Keep very hot and serve with any roast or poultry. Persons who dislike cabbage enjoy this dish and often ask what it is.

Cabbage is perfectly delicious cooked with butter and flour. Put it, with a heaping tablespoonful of butter and a level tablespoonful of flour, in a frying-pan, and cook until tender Green savoy cabbage is especially good thus.

A tablespoonful of vinegar in the water in which cabbage is boiled destroys the odor of cooking. The same small condiment in water in which a tough cut of beef is cooked will very much improve its tenderness.

"Kail cannon" is cold cooked cabbage, cold mashed or chopped potatoes, sliced onions and seasoning of pepper and salt, slowly fried with butter in a covered pan.

GERMAN RED CABBAGE

1 head red cabbage.
1 onion.
2 apples.
Salt, pepper and allspice to taste.
Wine glass of sherry.
¼ cup vinegar.
2 tablespoonfuls sugar.
Butter size of 2 eggs.

Shave cabbage very fine, put slowly into quart of boiling water; add onion cut fine, apples, salt, pepper and allspice to taste, sherry, vinegar, sugar, butter, let simmer one and one-half or two hours and serve hot.

YOUNG BOILED BEETS

After washing them, boil three-quarters of an hour, scrape, slice, and pour over them a tablespoonful of butter, two of vinegar, and a little pepper and salt.

OLD BEETS (BOILED)

Wash and cook in hot, salted water from two to three hours, according to age and size. Throw at once into cold water when done, to loosen the skins; peel quickly, slice thin, dish, and pour over them a sauce made of three tablespoonfuls of scalding vinegar, a tablespoonful of butter, and a little pepper and salt. Serve hot. "Left-overs" of beets should be kept for salad and for garnishes.

BEET-TOPS (GERMAN)

Cut half a pound of cold boiled ham into dice and fry in a little salad oil with half a grated onion. Add two tablespoonfuls of hot vinegar, and set in hot water while you wash, pick over, and boil the greens in hot, salted water. Fifteen minutes should make them tender. Chop fine, drain well, and mix with the fried ham and vinegar. Dish hot, with poached eggs on top of the greens.

ASPARAGUS TIPS

Cut the asparagus stalks into pieces about an inch long, and as far down as tender; cook them in salted boiling water. Drain and stir into them just enough white sauce to well cover them.

BOILED ASPARAGUS

Scrape the stalks and lay them in cold water for half an hour; tie into rather loose bundles with soft string, and cook in hot, salted water for half an hour. It is no longer considered necessary to serve boiled asparagus upon toast, many good judges of cooking preferring it without the sodden underpinning. If you are thus minded, undo the strings and arrange the stalks upon a hot dish. Pour white or Hollandaise sauce over it, or pass this separately. Or you may serve melted butter with it.

ASPARAGUS A LA VINAIGRETTE

Boil as directed, and while the stalks are hot pour over them a dressing made of three tablespoonfuls of salad oil to one of vinegar, a teaspoonful of French mustard, a little salt and cayenne, and a saltspoonful of sugar. Set away in a closely covered dish, and when cold put upon the ice for some hours before serving. It ranks among salads, but is

a delicious accompaniment to cold lamb or chicken on a hot day.

SCALLOPED ASPARAGUS

Wash the asparagus and cut off the hard, woody part of the stalks. Cut the tender part into inch lengths and parboil for ten minutes in hot, salted water. Drain and put a layer of them in a buttered bake-dish. Scatter over this minced, hard-boiled eggs, season with salt, pepper, and butter-bits, and go on thus until the ingredients are used up. You need about four eggs to a bunch of asparagus. Make a roux of a large tablespoonful of butter and one of flour, and thin with a cupful of hot milk. Cook for a minute, season with paprica, and pour over the asparagus, a layer of which should be uppermost in the scallop; sift fine crumbs over all with bits of butter stuck in it and grated cheese upon this. Bake twenty minutes, covered, then brown slightly.

ASPARAGUS TIPS

Use for this dish only the delicate tips of asparagus, less than two inches long. Boil in hot, salted water until tender; drain, turn into a deep dish, pepper, salt, butter, and pour a good white sauce over them—half a cupful to one cupful of the tips.

ASPARAGUS PATES

Cut rounds of stale bread an inch and a half thick. Press a small cutter an inch deep into each, and dig out the inside, leaving a round saucerlike cavity. Butter these well and set upon the grating of a hot oven to crisp and to color lightly. Fill them with asparagus tips prepared as in the last recipe, and serve hot. This is a nice luncheon entrée.

STUFFED GREEN PEPPERS

Cut the tops off the sweet green peppers and carefully remove the seeds. Chop together very fine two peppers, one

small onion and one large tomato (peeled); add an equal amount of stale breadcrumbs, one teaspoonful of salt and sufficient melted butter to moisten the mixture. Fill the peppers with the mixture, replace the tops and bake for half an hour in a moderate oven.

BAKED OYSTER PLANT (SALSIFY)

Boil the salsify until perfectly tender, then mash through a strainer. Season with pepper and salt. Add a tablespoonful of butter and half a cup of milk. Put in a bake-dish, cover with bread-crumbs and bits of butter, and bake fifteen minutes.

SALSIFY

Scrape roots and put in water with spoonful of vinegar. Boil in plenty of water for an hour (water boiling when salsify put in) with an ounce of butter, two tablespoonfuls of vinegar and salt. Drain and serve with white or brown sauce, or serve egged and fried in breadcrumbs, or may be cut small and scalloped like oysters, or may be set to cool sliced in rounds and set in as pie jelly as an accompaniment to various cold meats, or to garnish jellied meats, or to accompany a light French salad, for which it must be in jelly. (Salsify, or oyster plant, is one of the most delightful of vegetables, not half enough used.)

SALSIFY FRITTERS

1 bunch salsify.
2 eggs.
½ cup milk.
Flour for thin batter.
Salt and pepper to taste.

Scrape and grate the roots, and stir into a batter made of the beaten eggs, the milk, and flour. Grate the salsify directly into this, that it may not blacken by exposure to the

air. Salt, and drop a spoonful into the hot fat to see if it is of the right consistency. As fast as you fry the fritters, throw into a hot colander to drain. One great spoonful of batter should make a fritter.

STEWED SALSIFY

1 bunch of salsify.
1 cup milk.
1 tablespoonful butter.
3 tablespoonfuls cracker crumbs.
Pepper and salt.

Scrape a bunch of salsify and drop into cold water as you cut into inch lengths. Boil in hot, salted water until tender. Drain and pour into the saucepan with the salsify a cupful of hot milk. Simmer five minutes, and stir in cracker-dust, with pepper and salt. Stew gently for three minutes.

BOILED CORN

Husk, clearing the ear of every strand of silk, and trim off stem and top neatly. Boil fifteen or twenty minutes, according to the age of the corn. Drain, sprinkle the corn with salt, and serve upon a hot napkin upon a platter. Fold the corners of the napkin over the corn.

CORN FRITTERS

Take two cups full of fresh sweet, or very good canned corn, season with one tablespoonful of salt and a teaspoonful of pepper, add two eggs and a quarter of a pound of sifted flour. Do not beat the mixture, but stir vigorously with a wooden spoon for five minutes, till firm. Butter a frying pan and put in the preparation about a gill at a time. Be careful that the fritters do not touch one another, and fry a golden color. Serve hot in a folded napkin.

STEWED CORN

Husk and clean the corn, and leave it in cold water for fifteen minutes. With a sharp knife split each row of grains all the way down from stem to tip of the ear; then shave, rather than cut, them off down to the cob. Cover with hot water in a sauce-pan, and stew slowly for twenty minutes. Stir in a tablespoonful of butter for a pint of corn; pepper and salt and serve.

STEWED CORN AND TOMATOES

Cook as in last recipe, and when the corn has simmered five minutes add a cupful of chopped tomatoes (peeled). Cook twenty minutes longer after the boil recommences, season and serve. If there is much liquid in the stew, roll the butter in flour before adding it, and boil a minute more than if the flour were not used.

CORN OR APPLE FRITTERS

2 eggs.
½ cup milk.
2 cups flour.
1 cup corn.
A little salt.
2 teaspoonfuls baking powder.

Make into a thick batter and drop in spoonfuls into boiling lard. May use chopped apples instead of corn.

CORN FRITTERS

2 cups grated corn.
2 eggs.
1 cup milk.
2 tablespoonfuls flour.
A pinch of soda.
1 tablespoonful melted butter.
Salt and pepper.

Mix and fry as you would griddle-cakes, and send in hot, in relays.

SUCCOTASH

6 ears of corn.
1 pt. string beans cut in pieces.
1 tablespoonful butter.
1 cup milk.
Pepper and salt.

Cut the corn from the cob, bruising as little as possible. Put over the fire with the beans in enough hot water, salted, to cover them, and stew gently half an hour. Turn off nearly all the water and add a cupful of milk. Simmer in this, stirring to prevent burning, twenty minutes; add the floured butter, the pepper and salt, and stew ten minutes. Serve in a deep dish.

CANNED CORN

may be used satisfactorily in most dishes that call for green corn. If, before cooking it, the contents of the can be turned into a fine colander, and cold water poured over it to wash off the liquor in which it was preserved, the taste will be cleaner and sweeter. Like all other "canned goods" corn should be opened and poured out upon an open dish for some hours before it is used to get rid of the close, smoky flavor and smell.

CORN FRITTERS

One can of corn, two eggs, seasoning to taste, two tablespoonfuls of milk or cream. Beat eggs well; add corn by degrees, beating very hard; salt to taste; one tablespoonful of butter; stir in milk and thickening enough to hold together for frying.

GREEN PEAS

Shell and wash; put them in slightly salted boiling water, and cook them in this for twenty-five minutes. Drain well, turn into a hot dish, put a lump of butter the size of an egg upon them and a little pepper and salt.

CANNED PEAS

Drain and leave in cold water for ten minutes, put on in salted boiling water, cook fifteen minutes; drop in a lump of white sugar and a small sprig of mint, and cook five minutes longer. Drain, butter, pepper and salt, and serve.

PUREE OF GREEN PEAS

Shell half a peck of peas and set them in a cold place while you boil the pods for twenty minutes in just enough hot, salted water to cover them. Strain them; return the water to the fire with the peas and a sprig of mint, and boil until they are soft enough to rub through a colander. When you have pressed all through that will go, stir into them a cupful of the water in which they were cooked, season with pepper and salt and put back into the colander. As they begin to simmer stir in a roux of one tablespoonful of flour, cooked for three minutes in two tablespoonfuls of butter, cook one minute, take from the fire and add three tablespoonfuls of cream, that have been heated with a tiny bit of soda. Pour upon squares of fried bread laid on a hot platter.

PLAIN PUREE OF GREEN PEAS

Boil and rub a quart of peas through a colander, or pass them through a vegetable-press. Heat a tablespoonful of butter in a saucepan with pepper, paprica, or a dash of cayenne, half a teaspoonful of sugar, and three mint leaves, finely minced. Stir in the pulped peas and toss and stir with a silver fork until they are very hot. Pile upon a hot platter and lay triangles of fried bread about the base.

GREEN-PEA PANCAKES

Two cupfuls of green peas left over from dinner, or boiled expressly for this dish, mashed while hot, and rubbed through

PEAS SERVED IN TURNIPS

a colander. Season with pepper, salt, and butter to taste; let them get cold; then add two beaten eggs and a cupful of milk. Sift half a teaspoonful of baking powder twice through half a cupful of flour, and beat in lightly at the last. Mix well and bake as you would griddle-cakes. Eat hot.

"BLACK-EYED PEAS"

are really a species of bean, although known at the South, where they are abundant, by the name given above. They are boiled always with a bit of fat bacon, to give them richness. Drain well, pepper, salt, and serve with the bacon on the top of the peas; or, after they are boiled they are drained and turned into a frying-pan in which slices of fat bacon have been cooked and then taken out, leaving the fat in the pan. Sauté the peas in this until dry, hot, and well seasoned by the fat. Serve dry, and lay the fried bacon on or about the peas. Dried black-eyed peas must be soaked over night.

LIMA BEANS

Put them into salted boiling water, and cook until tender, then drain off the water. Moisten them with butter, and season with salt and pepper; and add, if convenient, a little hot cream or cover with white sauce.

LIMA BEANS

After shelling, cook about half an hour in boiling water with a little salt. Drain dry, and after dishing stir in a lump of butter half the size of an egg and pepper and salt to taste.

LIMA BEANS (STEWED)

Shell a quart of beans, and boil tender in hot, salted water. Drain, add four tablespoonfuls of hot milk, in which has been melted a tablespoonful of butter rolled in a teaspoonful

of flour. Simmer for five minutes, season with pepper and salt, and serve.

KIDNEY BEANS

If fresh, cook them as you would Lima beans. If dried, soak over night, and put over the fire in the morning in salted boiling water, and cook gently one hour, or until soft, but not broken. Drain, stir in pepper, salt, and a lump of butter, and serve.

KIDNEY BEANS A LA LYONNAISE

Soak over night and boil tender, but not until they break; drain perfectly dry, throw in a little salt, and leave over an empty pot in the colander at the side of the range, as you would potatoes, to "dry off." Have ready in a frying-pan a great spoonful of clarified dripping (that from roast beef is best), with half a small onion, grated, and a little chopped parsley. Salt and pepper to taste, and when hissing hot put in the beans. Shake over the fire about two minutes, until the contents of the pan are well mixed, and as hot as may be without scorching, then serve.

CAULIFLOWER AU GRATIN

Boil one or two cauliflowers (after removing leaves) until tender. Strain off the water and place in a dish. Cover with grated cheese, some white sauce and some fried bread-crumbs. Add some small pieces of butter and bake until a nice brown.

BOILED CAULIFLOWER

Boil the cauliflower, tied in a net, in plenty of hot, salted water, in which has been stirred a tablespoonful of vinegar; when done, drain and dish, the flower upward. Pour over it a cupful of drawn butter seasoned with lemon-juice, pepper, and salt. Serve very hot.

BOILED CAULIFLOWER WITH TOMATO SAUCE

Cook as directed in last recipe, but when dished pour over it, instead of the white sauce, a cupful of strained tomato sauce, seasoned with butter, sugar, salt, and paprica.

CAULIFLOWER (PARISIAN STYLE)

Boil a good-sized cauliflower until tender, chop it coarsely, and press it hard in a bowl or mould, so that it will keep its form when turned out. Put the shape thus made upon a dish that will stand the heat, and pour over it a tomato sauce. Make this by cooking together a tablespoonful of butter and flour in a saucepan, and pouring upon them a pint of strained tomato-juice in which half an onion has been stewed. Stir until smooth, and thicken still more by the addition of three or four tablespoonfuls of cracker-dust. Salt to taste, turn the sauce over the moulded cauliflower, set it in the oven for about ten minutes, and serve in the dish in which it is cooked.

CAULIFLOWER AU GRATIN (ITALIAN)

Boil in hot, salted water and divide into tiny clusters, a "flower" or two on each. Butter a deep dish and put in a layer of these, sprinkling with butter, salt, and pepper, and covering first with Parmesan cheese, then with cracker-crumbs. Wet each layer with milk, and fill the dish in this order, finishing with a layer of crumbs dotted with butter-bits, and dusted with cayenne. Bake, covered, half an hour, then brown. Serve in the dish.

STEWED CAULIFLOWER A LA HOLLANDAISE

Cut into large clusters of uniform size and stew tender in weak stock or bouillon. (This may be utilized afterward for soup.) Drain, butter, salt, and pepper, and pass with it

drawn-butter, into which have been whipped the yolks of two raw eggs. This is a Dutch recipe and good.

BAKED CAULIFLOWER

Cut into clusters and stew tender in boiling, salted water. Or, if you have a couple of small cauliflowers, boil them whole and dish together. Drain and lay in a bake-dish. Pour over it a good white sauce (hot), sprinkle with grated cheese and paprica, and bake, covered, twenty minutes. It will be found very nice.

CAULIFLOWER AU GRATIN

Cook cauliflower; drain well and remove the flowerettes, tear the rest to pieces with a fork, lay it in a deep dish and sprinkle over it a little salt, pepper and grated cheese and a few dried crumbs moistened with milk. Then add the top layer of the flowerettes and sprinkle with the salt, pepper and cheese, and bake until slightly brown.

FRENCH SPINACH

Boil as directed in foregoing recipes, chop, heat with the roux, and season with pepper and salt. In place of the cream in the German method, add the same quantity of white stock—chicken or veal—adding half a saltspoonful of nutmeg or mace and an even teaspoonful of sugar, with a pinch of grated lemon-peel. This seasoning imparts an exquisite flavor to the vegetable.

SPINACH SOUFFLE

1 pk. spinach.
1 tablespoonful butter.
1 egg, beaten.
2 tablespoonfuls cream.
1 teaspoonful powdered sugar.
Salt and nutmeg.
Black pepper.
Whites 3 eggs.

Boil and chop spinach, and while hot stir in butter and beaten egg, salt, and nutmeg. Season with a little sugar, pepper, and set away to get cold. When you are ready for it, whip into the cold spinach the cream and the stiffened whites of the eggs. Pour into a handsome bake-dish, sift a small teaspoonful of powdered sugar on top, and bake in a hot oven ten minutes, covered, five minutes when you have uncovered it. Send immediately to table, as it soon falls. It may be served as a separate course at a luncheon. Each portion should be helped out upon a square of fried bread laid upon each plate.

SPINACH BOILED (PLAIN)

Wash a peck of spinach, pick the leaves from the stems, and, without shaking off the wet, put them into an agate-iron or porcelain saucepan. Set this in a pot of boiling water, cover closely, and cook for fifteen minutes. Stir up well from the bottom, then, and put into the saucepan a tablespoonful of hot water in which has been dissolved half a saltspoon of soda. Beat in well, cover the pot, and cook ten minutes longer. Drain the spinach in a colander without pressing it at first, seasoning with salt, pepper, butter, a little sugar, and half a teaspoonful of lemon-juice. Turn into a hot colander, press out the remaining juice very gently not to bruise the spinach, and serve on a heated platter. Cover with slices of hard-boiled egg, and serve one with each portion of spinach. The soda gives a fine green to this vegetable.

SPINACH SOUFFLE

Boil some spinach thoroughly, pass it through a sieve and add two or three well-beaten eggs and a small amount of milk with pepper and salt; mix it thoroughly, put it in well buttered soufflé dishes and bake for ten minutes. This makes a nutritious and tasty dish.

BOILED SQUASH

Pare off the outer shell, take out the seeds, and cut into small pieces. Boil in hot, salted water until tender. If young, twenty minutes will do this; a longer time is required for full-grown squash. Drain well, rub through a vegetable-press, and return to the saucepan. Mix with salt, pepper, and a tablespoonful of butter made into a roux with a tablespoonful of flour. Stir and beat for a whole minute, until you have a creamy, smoking mass, and pour out. Squash cooked in this way is a very different thing from the watery stuff usually served under that name.

BAKED SQUASH

1 squash.
2 tablespoonfuls butter.
1 egg.
¼ cup milk.
Bread-crumbs, salt and pepper.

Boil and mash the squash, stir in butter, and egg, beaten light, milk, and pepper and salt to taste. Fill a buttered pudding-dish with this, strew fine bread-crumbs over the top and bake to a nice brown.

SQUASH FRITTERS

2 cups cooked and creamed squash (cold).
2 cups milk.
2 eggs.
Saltspoonful of salt.
½ cup flour.
½ teaspoonful baking powder.

To squash add milk, eggs, salt, and flour in which has been sifted the baking powder. There should be just enough flour to hold the mixture together. Bake on a griddle as you would cakes, and send to table hot.

FRIED EGG-PLANT

1 egg-plant.
1 egg.
1 cup milk.
½ cup flour.
Pepper and salt.
Lard for frying.

Slice the egg-plant about half an inch thick, peeling the slices. Lay them in salt and water for an hour, placing a plate on them to keep them down. Wipe each slice dry, and dip into batter made of egg, milk, flour, pepper and salt. Fry in boiling dripping. Drain off all the grease.

BROILED EGG-PLANT

Peel and cut into rather thin slices and lay in salted ice-water for an hour; spread upon a soft towel and cover with another, patting and pressing the slices until they are entirely dry. Leave them for ten minutes in a mixture of three tablespoonfuls of olive oil and the juice of half a lemon; sprinkle them with salt and pepper, and broil quickly upon a wire broiler. Twelve minutes should cook both sides.

STEWED CARROTS

Scrape and boil whole three-quarters of an hour, drain, and cut into cubes half an inch square. Have ready in a saucepan enough weak stock to cover the carrot-dice. Put them on in it and cook twenty minutes, or until tender. Add then two tablespoonfuls of milk, a tablespoonful of butter cut up in one of flour, salt and pepper to taste. Simmer five minutes and serve.

YOUNG CARROTS A LA PARISIENNE

Boil for five minutes; take up and rub off the skins with a coarse cloth. Return to the fire and cook until tender. Slice lengthwise, making three pieces of a medium-sized car-

rot, two of a small. Have hot in a frying-pan a tablespoonful of butter for each cupful of the carrots, and when it bubbles lay in the slices. Sauté on both sides, quickly, and just before taking them up sprinkle with chopped parsley. Dish dry; stew over them a little white sugar, pepper, and salt, and serve very hot.

CREAMED YOUNG CARROTS

Young carrots.
1 tablespoonful butter.
Hot water.
Salt and pepper.
4 tablespoonfuls cream.
1 teaspoonful chopped parsley.
Beaten yolks of 2 eggs.

Scald for five minutes and rub off the skins with a rough cloth. Slice crosswise and thin. Heat in a saucepan butter, two tablespoonfuls of hot water, salt and pepper to taste, and put in the sliced carrots. Cook gently, covered, for half an hour. In another saucepan heat cream and chopped parsley. When the mixture boils take from the fire and pour upon the beaten yolks of eggs. Stir up well, pour over the carrots, cook one scant minute.

FRIED SWEET PEPPERS

Cut open crosswise, extract the seeds, cut the peppers into slices, lay in cold water for fifteen minutes, salt slightly, dust with flour and fry in hot cottolene for five or six minutes. They are an appetizing accompaniment to cold meat or to boiled fish.

STUFFED SWEET PEPPERS

Make an incision in one side, and extract the seeds through this with a bit of stick. Stuff with a force-meat of tongue, chicken, ham, or veal, mixed up with boiled rice, and seasoned with salt, a dash of onion-juice, and a little butter. Sew up the peppers with a few stitches, pack them into a

bake-dish, pour in enough weak stock to keep them from burning, cover and bake in a moderate oven for an hour, then dish, withdrawing the strings. Keep hot while you add to the gravy in the dish a tablespoonful of brown roux. Boil up once and pour over the peppers. Should the gravy have boiled away too much, put in a little boiling water to thin the roux. This is a Syrian recipe and excellent.

BUTTERED PARSNIPS

Boil tender and scrape. Slice lengthwise and sauté in a little butter heated in a frying-pan and seasoned with pepper, salt, and minced parsley. Shake and turn until the parsnips are well coated and hot through. Dish, and pour the butter over them.

FRIED PARSNIPS

Boil tender in salted, hot water; let them get cold, scrape off the skin and slice lengthwise. Pepper and salt, dredge with flour, and fry in hot dripping to a light brown. Drain and serve.

PARSNIP CAKES

Wash, boil, and scrape the parsnips tender. While hot mash, season with salt and pepper, and make with floured hands into small, flat cakes. Flour well and fry in clarified dripping.

CREAMED PARSNIPS

Boil, scrape, and slice crosswise. Heat a tablespoonful of butter in a saucepan; put in the parsnips and shake and turn until all are coated with the butter and very hot. Turn them into a deep dish and pour over them a sauce made by adding to the butter left in the saucepan a teaspoonful of flour and thinning it with three or four tablespoonfuls of hot cream. Boil up once, and when you have covered the parsnips with it, serve.

BOILED ARTICHOKES

Pare off the stems and the lower and coarser leaves. With a sharp knife trim the tops evenly, and take out the hard core. Wash and lay in cold water ten minutes. Shake off the wet and cook in boiling, salted water for thirty-five minutes, or until the bottoms are tender. If large, cut into halves; if of moderate size, serve whole with drawn butter or sauce piquante poured over them.

CREAMED CELERY

Cut into inch-long pieces. Cook tender in boiling, salted water, drain this off, and cover with a cupful of hot milk (half cream, if you have it) in which has been stirred a tablespoonful of white roux. Simmer five minutes and serve.

SAVORY CELERY

Select the whitest and tenderest stalks and lay aside in ice-water. Cut the outer, coarser stalks into three-inch lengths, and stew in a cupful of stock, seasoned with half teaspoonful of onion-juice, salt, pepper, and parsley. Cook, covered, for an hour, slowly. Drain and press in a colander. Return the stock to the fire, and when it boils put the reserved stalks, also cut into short lengths, into it. Cook gently until tender, thicken with a good spoonful of roux, boil up and serve.

WRITTEN RECIPES

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PUDDINGS AND SAUCES

It depends as much upon the judgment of the cook as on the materials used to make a good pudding. Everything should be the best in the way of materials, and a proper attention to the rules, with some practice, will ensure success.

Puddings are either boiled, baked, or steamed; if boiled, the materials should be well worked together, put into a thick cloth bag, previously dipped in hot water, wringing it slightly and dredging the inside thickly with flour; tie it firmly, allowing room for it to swell; drop it into a kettle of boiling water, with a small plate or saucer in the bottom to keep it from sticking to the kettle. It should not cease boiling one moment from the time it is put in until taken out, and the pot must be tightly covered, and the cover not removed except when necessary to add water from the boiling tea-kettle when the water is getting low. When done, dip immediately in cold water and turn out. This should be done just before placing on the table.

Or, butter a tin pudding mould or an earthen bowl; close it tight so that water cannot penetrate; drop it into boiling water and boil steadily the required time. If a bowl is used it should be well buttered, and not quite filled with the pudding, allowing room for it to swell; then a cloth wet in hot water, slightly wringing it, then floured on the inner side, and tied over the bowl, meeting under the bottom.

To steam a pudding, put it into a tin pan or earthen dish; tie a cloth over the top, first dredging it in flour, and set it into a steamer. Cover the steamer closely; allow a little longer time than you do for boiling.

Moulds or basins for baking, steaming or boiling should be well buttered before the mixture is put into them.

Dumplings boiled the same way, put into little separate cloths.

Batter puddings should be smoothly mixed and free from lumps. To ensure this, first mix the flour with a very small proportion of milk, the yolks of the eggs and sugar thoroughly beaten together, and added to this; then add the remainder of the milk by degrees, then the seasoning, then the beaten whites of eggs last. Much success in making this kind of pudding depends upon a strict observance of this rule; for, although the materials may be good, if the eggs are put into the milk before they are mixed with the flour, there will be a custard at the top and a soft dough at the bottom of your dish.

All sweet puddings require a little salt to prevent insipidity and to draw out the flavor of the several ingredients, but a grain too much will spoil any pudding.

In puddings where wine, brandy, cider, lemon-juice or any acid is used, it should be stirred in last, and gradually, or it is apt to curdle the milk or eggs.

In making custard puddings (puddings made with eggs and milk), the yolk of the eggs and sugar should be thoroughly beaten together before any of the milk or seasoning is added, and the beaten whites of egg last.

In making puddings of bread, rice, sago, tapioca, etc., the eggs should be beaten very light, and mixed with a portion of the milk, before adding them to the other ingredients. If the eggs are mixed with the milk, without having been thus beaten, the milk will be absorbed by the bread, rice, sago, tapioca, etc., without rendering them light.

The freshness of all pudding ingredients is of much importance, as one bad article will taint the whole mixture.

When the freshness of eggs is doubtful, break each one separately in a cup, before mixing them all together. The yolks and whites beaten separately make the articles they are put into much lighter.

Raisins and dried fruits for puddings should be carefully picked, and, in many cases, stoned. Currants should be well washed, pressed in a cloth, and placed on a dish before the fire to get thoroughly dry; they should then be picked carefully over, and every piece of grit or stone removed from amongst them. To plump them, some cooks pour boiling water over them, and afterwards dry them carefully before the fire.

Many baked-pudding recipes are quite as good boiled. As a safe rule, boil the pudding twice as long as you would require to bake it; and remember that a boiling pudding should never be touched after it is once put on the stove; a jar of the kettle destroys the lightness of the pudding. If the water boils down and more must be added, it must be done so carefully that the mould will not hit the side of the kettle, and it must not be allowed to stop boiling for an instant.

Batter should never stick to the knife when it is sent to the table; it will do this both when an insufficient number of eggs is mixed with it and when it is not enough cooked; about four eggs to the half pound of flour will make it firm enough to cut smoothly.

When baked or boiled puddings are sufficiently solid, turn them out of the dish they were baked in, bottom uppermost, and strew over them finely sifted sugar.

When pastry or baked puddings are not done through, and yet the outside is sufficiently brown, cover them over with a piece of white paper until thoroughly cooked; this prevents them from scorching.

TO CLEAN CURRANTS

Put them in a sieve or colander, and sprinkle them thickly with flour; rub them well until they are separated, and the flour, grit and fine stems have passed through the strainer.

Place the strainer and currants in a pan of water and wash thoroughly, then lift the strainer and the currants together, and change the water until it is clear. Dry the currants between clean towels. It hardens them to dry in an oven.

TO CHOP SUET

Break or cut in small pieces, sprinkle with sifted flour, and chop in a cold place to keep it from becoming sticky and soft.

TO STONE RAISINS

Put them in a dish and pour boiling water over them; cover and let them remain in it ten minutes; it will soften so that by rubbing each raisin between the thumb and finger, the seeds will come out clean; then they are ready for cutting or chopping if required.

MARMALADE PUDDING

4 tablespoonfuls marmalade.
3 cups breadcrumbs.
½ cup milk.
1 cup suet.
1 cup flour.
1 teaspoonful baking-powder.
Pinch of salt.

Steam and serve with sauce.

COLD FRUIT PUDDING

Hot stewed fruit poured over layers of bread and butter in a mould; when cold serve with cream.

COTTAGE PUDDING

Two tablespoonfuls butter, one cup white sugar, one egg, one cup milk, one pint flour, two tablespoonfuls baking powder; bake and serve with sauce.

PLUM PUDDING

1 lb. stoned raisins.
1 lb. currants.
1 lb. beef suet.
¾ lb. sugar.
2 oz. lemon peel.
2 oz. citron peel.
6 eggs.
A little milk.
2 oz. orange peel.
6 oz. flour.
¼ lb. breadcrumbs.
Little nutmeg, cinnamon, cloves and a little salt.

Mix all together with eggs and milk; dip cloth in boiling water, flour, and put in mixture, and tie loosely; boil fast for four hours and a half.

CARAMEL PUDDING

4 tablespoonfuls white sugar.
½ cup brown sugar.
1 pt. milk.
2 tablespoonfuls cornstarch.
Vanilla.

Put sugar on stove and stir until brown. Put on stove again to simmer one pint milk, two tablespoonfuls corn starch, vanilla flavoring. When all are ready mix together, and stir until thick. Put in a mould to cool.

CHEESE PUDDING FOR LUNCHEON

Toast four slices of bread, place in a small baking-dish, cover with thick layer of grated cheese, dust lightly with salt and pepper, cover with another slice of bread, then a layer of cheese, and so on until you have used the four slices of toast, having the top bread; baste over one half a pint of hot milk, bake in a quick oven twenty minutes.

PLUM PUDDING (Carrot Pudding)

½ lb. suet.
½ lb. flour.
½ lb. raisins.
½ lb. currants.
½ lb. grated potato.
½ lb. grated carrots.
½ cup molasses.
½ teaspoonful each ground allspice and cloves.
Little black pepper.
1 teaspoonful salt.
Citron, lemon, orange peel and chopped almonds may be added.

Steam three and one-half or four hours.

CHOCOLATE SPONGE PUDDING

4 eggs.
1 cup sugar.
3 tablespoonfuls milk.
3 tablespoonfuls grated chocolate.
3 teaspoonfuls baking-powder.
1 cup flour.

Beat lightly together yolks of eggs and one cup sugar, add milk, grated chocolate and baking powder; sift in flour, add egg whites stiffly beaten. Butter a mould with pipe in centre, fill two-thirds full and steam three-quarters of an hour. Turn out and cover with chocolate sauce, fill centre with whipped cream and chopped almonds.

PARADISE PUDDING

One pint bread crumbs, four eggs, one pint suet, four apples minced fine, one cup currants, one-half cup raisins, one cup milk, one and one-half cups sugar; season to taste, and thicken with flour; put in a mould and boil three and one-half hours.

FIG PUDDING

One-half pound figs, one teacup minced apples, one teacup suet, one teacup sugar, one teacup breadcrumbs, a little flour, two eggs, one nutmeg. Boil or steam four hours.

CHOCOLATE SPONGE PUDDING

CARAMEL PUDDING

2 tablespoonfuls cornstarch.
1 pt. milk.
½ teaspoonful salt.
1 cup brown sugar.

Let milk boil, then add the cornstarch moistened with milk; boil sugar and scorch on a tin pie-dish. Then pour into the cornstarch, stirring very quickly. Pour into mould.

MADEIRA PUDDING

2 eggs.
Their weight in flour, butter and sugar.
¼ teaspoonful baking-powder.
A little vanilla.

Cream the butter. Then add the sugar; then the eggs one at a time; flavor and beat in the flour and baking powder. If too stiff add one tablespoonful milk. Bake in small moulds, half full, for fifteen or twenty minutes. Sauce: One and one-half tablespoonfuls butter, four tablespoonfuls sugar, one egg; beat all together until light. Then add boiling water just before serving, and flavor.

CARITA PUDDING

1 lb. figs.
3 eggs, slightly beaten.
2 cups milk.
2 tablespoonfuls sugar.
Vanilla.

Grease a plain-sided oval mould with butter, and line it with figs, which are split through the centre lengthwise. Place the skin side next to the mould. Make a custard of milk, eggs and sugar; place the bowl containing this custard in a saucepan of boiling water and stir gently until it thickens to the consistency of cream (it must on no account boil); add three drops vanilla and set it aside to cool. When cool pour it into the lined mould and steam till it is set, which will probably be in twenty minutes. Take care that the top

of the mould is covered to prevent the steam settling. Turn out of the mould to serve. To be eaten with cream and sugar.

ENGLISH BOILED BATTER PUDDING

2 tablespoonfuls flour.
2 eggs, well beaten.
1 tablespoonful white sugar.
½ pt. milk.

Mix well and pour into a mould well greased with dripping. Boil for one hour. Serve with wine sauce. The mould should be quite full to prevent water from entering.

JOHN BULL'S OWN PLUM PUDDING

1 lb. suet.
1 lb. moist sugar.
1 lb. currants.
1 lb. raisins.
1 lb. sultana raisins.
1 lb. mixed candied peel.
½ lb. breadcrumbs.
½ lb. flour.
1 teaspoonful salt.
1 teaspoonful mixed spice.
8 eggs.
¼ pt. brandy.

Mix all in the following order. Flour, salt, spice, sugar, raisins, peel, breadcrumbs, sultanas, and currants. Beat egg and strain them for ten minutes, add brandy to them and pour over the mass, stir until all are thoroughly mixed. Butter four small bowls and fill, scald cloth and flour it, tie down and boil five and one-half hours (or more), if one large pudding boil thirteen hours. I use cinnamon and nutmeg for spice and four small bowls.

PRUNE PUDDING

Stew one pound prunes and sweeten with one teacupful of sugar. Beat to a very stiff froth the whites of four eggs and stir lightly into the prunes when prunes are quite cold. Bake twenty minutes. Serve cold with cream.

BLUEBERRY PUDDING

1 egg.
2 large tablespoonfuls sugar.
A little salt.
1 cup milk (sour).
1 teaspoonful soda.
Flour to make stiff batter.

Stir in a large pint blueberries. Mix and put in buttered basin. Steam one hour and fifteen minutes. Serve hot with whipped cream.

CRACKER PUDDING

10 crackers rolled.
A piece of butter.
5 eggs.
1 cup sugar.
2 cups stoned raisins.
1 cup currants.
Citron, cinnamon, nutmeg and little flour (1 tablespoon).

Soak crackers in one quart milk over night. In the morning add well-beaten eggs, sugar, raisins, currants, citron, cinnamon, nutmeg, flour and salt. Steam four or five hours.

Sauce for cracker pudding.—One cup sugar, one egg beaten to a froth; pour one cup hot milk over it, little salt. Flavor with wine or brandy.

SAUCE FOR PUDDING

One cup sugar, one egg beaten to a froth. Pour one cup hot milk over it; little salt. Flavor with wine or brandy.

SAUCE FOR PUDDING

Three eggs (yolks only), two tablespoons castor sugar, whip to cream; one cup sherry. Cook in double saucepan one minute. Serve immediately.

SAUCE FOR COTTAGE PUDDING

To one cup boiling water add two tablespoonfuls of brown sugar, lump of butter size of an egg, and one egg well beaten. Then let all come to a boil. Take care not to scorch.

HOT CHOCOLATE SAUCE FOR PUDDING

Melt one-quarter cake unsweetened chocolate with three-quarters of a cup of powdered sugar and one-half cup of boiling water, stirring all the time. Cook in a double boiler to the consistency of molasses. Serve hot.

CREAM SAUCE

1 pt. milk.
2 eggs.
1 oz. flour.
½ oz. cornstarch.
3 oz. powdered sugar.
Vanilla flavoring.

Put milk to boil; break eggs into a basin; add flour, cornstarch, powdered sugar, beating all well together; add the boiling milk gradually, stirring well. Put all in the saucepan and stir till it comes to a boil, then remove and add vanilla.

CHOCOLATE SAUCE

Two tablespoonfuls grated chocolate, three tablespoonfuls each of cream and flour, one cup sugar, one-half teaspoonful butter, one teaspoonful vanilla, boil.

PUDDING SAUCE

One cup water, two teaspoonfuls of flour or cornstarch, butter the size of an egg, pinch of salt, nutmeg and sugar to taste, teaspoonful of vinegar.

FOAMY SAUCE

The whites of two eggs, one cup sugar well beaten together. This may be done an hour or more before serving.

Add last thing before sending to table one cupful of hot syrup of preserved pears, apricots, peaches or anything of that sort, or a cupful of hot milk, not boiling. Beat all together and serve.

CUSTARD FOR CARAMEL PUDDING

One egg, one pint milk, a little sugar, a pinch of salt, one tablespoonful of cornstarch.

SYRUP FROM ORANGE PEEL

Peel four sweet oranges, being careful not to get any of the white skin in, put the yellow skin in three pints of cold water and half a pound of loaf sugar, and cook together into a syrup. This is nice for flavoring.

FOAM SAUCE

One cup of sugar, half a cup of butter, beaten to a cream, then add the yolks of two eggs and a wineglass of sherry; then add the beaten whites, and stand in a bowl of hot water. Stir for one minute.

CARAMEL PUDDING

1 cup granulated sugar.
1 pt. cream.
Rind of ½ lemon.
Yolks of 8 eggs.
1 glass rye whisky.

Melt sugar to a light brown. Line a mould with it by putting some in and turning the mould till cool. Sweeten cream to taste, put in the sweetened cream, the grated rind of one-half a lemon; put all into a double boiler. When it comes to a boil pour into a basin and let cool. Add the yolks of eggs and whisky. Stir all together and strain into the prepared mould. Tie kitchen paper over mould and

steam three-quarters of an hour. Care must be taken to steam exactly the three-quarters of an hour or the pudding will not be firm. Serve with whipped cream.

FIG PUDDING

1 cup chopped figs.
1 cup milk.
2 large cups grated bread-crumbs.
1 large cup brown sugar.
2 eggs.
1 cup chopped suet.
A pinch of salt.

Pour over figs boiling milk, grated bread-crumbs, brown sugar, eggs, salt, and suet. Either steam or boil for four hours and serve with sauce.

PLUM PUDDING

¾ lb. breadcrumbs.
1 lb. raisins.
1 lb. currants.
1 lb. chopped suet.
8 eggs (well beaten).
2 apples, chopped fine.
¼ lb. mixed peel.
½ lb. brown sugar.
1 small teaspoonful salt.
1 nutmeg.
1 wineglass brandy.
A little milk or molasses.

Boil six hours, or, if some days before, four, and when wanted two hours.

TAPIOCA FRUIT PUDDING

One cup tapioca steeped over night in one quart of water; drain off water in the morning, add one cup of sugar and the rind and juice of one lemon to tapioca. Put box and a half of fresh fruit (red currants delicious) in pudding-dish; put in tapioca and mix; bake in a slow oven for one hour. To be served cold.

POLKA PUDDING

4 tablespoonfuls arrow root.
4 eggs.
3 oz. fresh butter.
1 teacup white sugar.
1 dessertspoonful rose water.
A few drops essence of lemon.
3 pts. of milk.

Mix arrowroot in a pint of cold milk, beat eggs well, add then butter, cut into small bits; rose water, essence of lemon or ratafia, sugar. Boil two pints of milk in a double boiler. When boiling stir in the other ingredients, without taking the boiler off the stove. Let it boil till thick, then pour into a mould to cool; turn it out and serve cold. Half this quantity will be sufficient for a small family.

CAKE PUDDING

1 egg.
1 tablespoonful butter.
¾ cup of sugar.
½ cup milk.
1 cup flour.
2 teaspoonfuls baking-powder.

Butter the mould, then put in a little preserve and then your batter. Steam one hour.

BAKED SUET PUDDING

Half a cupful of sugar, half a cupful of suet, one egg, one cup of milk, two heaping cups of flour, three teaspoonfuls of baking powder. This is very good eaten with maple syrup.

CREAMY SAUCE

¼ cup butter.
2 tablespoonfuls wine.
½ cup powdered sugar.
2 tablespoonfuls cream.

Cream butter, add sugar slowly, then wine and cream. Beat well and just before using, place bowl over hot water

and stir till creamy, but not enough to melt the butter. When the wine and cream are added, the sauce has a curdled appearance. This is removed by beating and heating enough to blend materials. Sauce should be cold when served.

GINGER PUDDING

3 cups flour.
½ cup sugar.
½ cup golden syrup.
½ cup suet.
3 teaspoonfuls baking-powder.
2 teaspoonfuls ginger.

Mix with water to a thin batter; steam two hours and eat with sweet sauce.

CHEAP PLUM PUDDING

One cup of suet, one cup of molasses, one cup sweet milk, one cup of seeded raisins, three cups of flour, a little salt and soda and one egg. Boil three or four hours.

SPONGE PUDDING

1 pt. milk.
2 oz. flour.
2 oz. sugar.
6 eggs, beaten separately.

Mix milk, sugar and flour and heat but not boil. Take off the fire and put in butter, the yolks of eggs thoroughly beaten, then the whites. Bake twenty-five minutes in a pan or mould set in hot water. Eat with foam sauce.

RICE APPLE DUMPLING

Boil a half pound of rice and season it with butter and salt. After removing it from the fire stir in two well-beaten eggs. Have ready squares of white muslin. Dip them one by one in hot water, sprinkle with flour and put in each two tablespoonfuls of the rice. Spread the rice and in the centre

place a peeled and cored apple. In the cavity left by the core, put some currant jelly and sugar or spice and sugar, draw the corners of the cloth together and fasten closely at the top with pins. Boil or steam for a half hour. Serve with cream or vanilla sauce.

WHOLE WHEAT FIG PUDDING

One and a half cups of grated whole wheat bread-crumbs; rub into it half a cupful of butter; add half a cupful of sugar, one cupful of chopped figs, one egg well beaten, and a good half cup of milk. Steam three hours.

BROWN PUDDING

Three eggs and their weight in sugar, flour and butter, or a little less butter, half a teaspoonful of soda, four tablespoonfuls of raspberry jam. Steam two hours. Serve with cream sauce.

PLUM PUDDING

$1\frac{1}{2}$ lbs. muscatel raisins.
$1\frac{3}{4}$ lbs. currants.
1 lb. sultana raisins.
2 lbs. moist sugar.
2 lbs. breadcrumbs.
2 lbs. chopped suet.
6 oz. mixed peel.
Rind of 2 lemons.
1 oz. ground nutmeg.
1 oz. ground cinnamon.
2 oz. chopped almonds.
$\frac{1}{2}$ pt. brandy.
6 eggs.

Mix all the dry ingredients together and moisten with the brandy and well-beaten eggs. Boil about six hours.

MACARONI PUDDING

Break eight or ten long sticks of macaroni into pieces an inch long or less. Throw into a saucepan with plenty of boiling water and cook for twenty minutes. Drain away the

water and boil again more slowly for another twenty minutes in a quart of milk with a cup of sugar and a slice of butter. Turn into a pudding dish and allow to cool. Beat in three eggs, flavor with vanilla, oil of cloves or oil of cinnamon, and bake slowly. Or use four eggs, keeping two whites to be beaten stiffly for the top. Brown in the oven for a minute or two.

BREAD AND BUTTER PUDDING

Cut some slices of home-made bread, about half an inch thick, butter and lay in a pudding-dish, sprinkle with currants, put in another layer of buttered bread and currants. Beat three eggs light and stir into a pint of milk, sweeten to taste; flavor with a little grated lemon-peel or cinnamon, pour over the bread and butter and bake in a moderate oven until the custard is set. Test with a knife; if the knife comes out clean the pudding is done. If baked too long the pudding will be watery. Serve cold in the dish in which it is baked, with a simple sauce.

ICE PUDDING

3 eggs.
1 pt. milk.
1 tablespoonful sugar.
4 tablespoonfuls sherry.
1 pt. cream.
Candied ginger, red cherries.
White cherries, plums, citron, almonds (pounded).
Angelica, pineapple.
½ glass curaçao.
Macaroons (crushed).

Make custard of milk and eggs and flavoring, the night before, as it is better. The fruit must be cut fine, having been soaked the night before in curaçao. Whip cream a little, mix cold custard with it, half freeze in freezer. Do this very slowly, then mix in macaroons, then fruit; let freeze a while longer. When frozen put in shape.

DATE OR FIG PUDDING

½ lb. dates or figs.
¼ lb. suet.
½ teaspoonful soda.
5 oz. brown sugar.
½ lb. breadcrumbs.
A little salt and nutmeg.
2 eggs.

Mix all the ingredients with well-beaten eggs. Put into buttered mould, and boil two and a half hours. Serve with brandy sauce. The pudding is improved by soaking the dates beforehand in a small cupful of sherry or whiskey.

YORKSHIRE PUDDING

3 eggs.
4 tablespoonfuls flour sifted twice.
1 pt. of milk.
1 teaspoonful salt.

Put flour and salt into a bowl, break eggs into it; mix well, and add milk by degrees, beating till well mixed. Cook twenty to thirty minutes in heat of cake oven.

BON ACCORD PUDDING

4 good sized apples.
½ lb. breadcrumbs.
4 oz. sugar.
4 oz. raisins.
A little salt and nutmeg.
3 eggs.

Pare, core and mince apples quite fine. Beat up and add eggs to the other ingredients, beating all well. Put into a buttered mould, tie down with a cloth, and boil for an hour and a half. Serve with sweet sauce.

BREAD AND BUTTER PUDDING

Spread your bread with a little butter and cut into slices about half an inch thick, and put into a flat buttered pudding dish, put one layer on the bottom of the dish and then

put some raisins over it; do this until the dish is full and then make a little custard with two eggs to a pint and a half of milk, pour the custard over the bread, first sprinkling sugar over the bread, then put a piece of butter, about a dessertspoonful, in the custard, so that it will float on the top. Bake in a moderate oven.

PINEAPPLE AND TAPIOCA PUDDING

One cup pearl tapioca, soak over night and boil in the morning until clear; add one cup sugar, one teaspoonful vanilla, one pint grated or finely chopped pineapple and set away to cool. Serve with plain or whipped cream.

PATTERDALE PUDDING

3 eggs.
¼ lb. butter.
¼ lb. sifted sugar.
¼ lb. flour.

Beat the butter to a cream, beat the eggs in one by one, then add the sugar and flour. Put into cups and bake in a moderately heated oven twenty minutes. This is a prime recipe.

CARROT PUDDING

1 cup grated carrots.
1 cup grated potato.
1 cup brown sugar.
1 cup suet.
1 large cup raisins.
1 large cup currants.
1 egg.
A little chopped peel.
1 teaspoonful soda.
Salt and spice to taste.

Steam in mould three hours. Brandy sauce.

ARRAT PUDDING

½ lb. macaroons.
2½ lbs. ladies' fingers soaked in wine.
6 eggs.
2½ cups sugar.
2 tablespoonfuls gelatine.

Beat macaroons, ladyfingers, eggs and sugar for one-half an hour; dissolve gelatine and mix with eggs after they are beaten, and whip quickly for a minute or two. Have whipped cream on top.

CREAM SPONGE

⅓ box Knox's gelatine.
¼ cup cold water.
1 cup milk.
1 teaspoonful vanilla.
1 pt. cream.
1 cup sugar.
1 egg.

Soak gelatine in water for one-half hour, then stand it in boiling water to dissolve. Scald the milk, add sugar, beat the egg until light, and add hot milk to egg, stirring constantly while adding, removing from fire for the purpose; add gelatine and flavoring, and set aside to cool but not to set. Whip the cream, add the cooled custard, beat well, and put into moulds.

ORANGE PUDDING

1 cup sugar.
½ cup cracker crumbs.
2 eggs.
1 orange.
1 pt. milk.
1 teaspoonful butter.

Soak the crumbs in a little of the milk, butter and sugar, add grated rind and eggs beaten together, then orange juice and crumbs, bake half an hour in moderate oven.

LEMON TAPIOCA PUDDING

One small cup tapioca, soak over night in two cups of water; add another cup of water in the morning. Juice of one and a half large lemons, rind of one lemon, one cup sugar, yolks of two eggs beaten; cook till the tapioca is clear —about an hour. Whip whites of eggs with a little sugar and put on the top.

DERBYSHIRE PUDDING

1 pt. milk.	Butter size of walnut.
1 heaping tablespoonful flour.	1 cup white sugar.
1 lemon.	1 cup blanched almonds.
	4 eggs, beaten separately.

Milk boiled; keep a wineglass milk cold and mix with flour, pour hot milk on this and stir thoroughly until thick; let cool; add grated rind of lemon, butter, and white sugar, blanched almonds cut in about eight pieces, the yolks of eggs well beaten, and whites of two eggs. All these ingredients well mixed and poured into a buttered pudding dish, baked until a light gold color, then ice with two whites left, juice of a lemon and a little white sugar, well beaten; return to oven until icing is stiff. Allow pudding to become quite cold.

JELLY PUDDING

½ oz. gelatine.	Sherry.
Yolks 5 eggs.	6 oz. sugar.
1 lemon.	½ pt. milk.

Dissolve gelatine in a little water, beat the yolks of eggs; rub sugar into them with a spoon, add half a pint of milk and the gelatine; stir over fire until thick like custard. Take off and add the juice of a lemon and a wineglass of sherry and whites of eggs which have been well beaten. Mix well together. Put in a mould and let stand until next day. Should be eaten with cream.

COLD ALMOND PUDDING

Four eggs, quarter pound of ground almonds, quarter pound of powdered sugar; beat the eggs until very light, then add the sugar and almonds gently, then beat till it bubbles, and put in a greased dish. Put blanched almonds on top and bake in rather a moderate oven.

HOT ALMOND PUDDING

½ lb. ground almonds.
½ lb. sugar.
½ lb. suet.
2 eggs.
½ lb. flour.
1 teacupful water.
½ teaspoonful ground ginger.
2 oz. currants.
2 oz. raisins.
1 oz. preserved cherries.
A little angelica.
A little ground mace.
½ nutmeg, grated.
A few drops almond extract.

The suet must be chopped fine. Add all the other ingredients and work them together for ten minutes, so that all is well mixed. Boil for three hours or more.

POUDING A LA PARISIENNE

1 oz. butter.
1 oz. sugar.
1 oz. flour.
1 gill milk.
Vanilla.
3 eggs.
4 oz. mixed fruits, pears, peaches, glace cherries, angelica, apricots, pine-apple, etc.

Dissolve butter in a sauce-pan, mix in sugar, flour, milk; stir all over the fire until boiling, cover it with a lid, and let it stand on a warm part of the stove for five minutes, then remove it to the table and stir in the yolks of the eggs, whip the whites to a stiff froth and stir them in lightly and thoroughly; now add a few drops of vanilla essence, and about four ounces of different sorts of fruit, cut into small pieces, such as pears, peaches, glace cherries, angelica, apricots, pineapple, etc. Put the pudding into a plain round mould, which must be previously buttered, covered with a greased paper, and steam for three-quarters of an hour; turn on to a dish and pour wine sauce round.

LEMON PUDDING

Put one quart of water to boil; when boiling mix in two tablespoonfuls cornstarch, previously dissolved in a little

water; the juice and grated rind of two lemons, a large cupful of white sugar. When quite thick beat in the whites of three eggs, beaten stiff; set aside to cool; serve with a thin custard made with the yolks of eggs, flavored with vanilla.

STEAMED ROLY POLY

¾ cup suet, chopped very fine.
3 cups flour.
1 cup water.
2 teaspoonfuls baking-powder.
A pinch of salt.
Plum jam.

Roll on a board and spread thickly with plum jam. Place in a tin and steam one and a half or two hours. Sauce—Two eggs, one cup of sugar, half cup of butter. Mix well together and pour into the mixture one cup of boiling wine —sherry is best.

PLAIN PLUM PUDDING

Three cups of flour, two cups of suet, one teaspoonful baking-powder, one cup of sugar, one cup of molasses. Fruit and spice to taste. Mix soft with milk; steam three and a half or four hours.

CHRISTMAS PLUM PUDDING

2 lbs. raisins.
2 lbs. currants.
½ lb. citron or lemon peel.
1 teacup sugar.
2 lbs. beef suet.
Butter size of orange.
2 lbs. flour.
2 thick slices bread crumbed fine.
7 eggs.
1 teaspoonful ground cloves.
1 teaspoonful cinnamon.
1 nutmeg grated.

Mix it all with milk or water, boil four hours in a bag. This makes two large puddings, and may be kept a month steamed when wanted, and eaten with a sauce.

PLUM PUDDING

One pound each of suet, bread crumbs, raisins, currants, and sugar, one glass brandy, one glass sherry, eight eggs, one nutmeg, a little mace or cinnamon, one saltspoonful of salt and milk enough to moisten; boil six hours. Fewer currants and raisins may be used and the difference made up with candied peels, which is an improvement.

SPONGE PUDDING

1 pt. milk.
½ cup butter.
½ cup flour.
½ cup sugar.
5 eggs.
1 teaspoonful vanilla.

(For eight people). Wet the flour with part of the milk, then cook it all in the milk ten minutes; add butter and sugar while hot. When cool add the yolks of eggs well beaten, then add the whisked whites, and stir thoroughly. Bake in a two-quart basin (first set in a pan of hot water), half an hour. Cream for sauce.

FIG PUDDING

One pound of figs, one pound breadcrumbs, one cup melted butter, half pound sugar, five eggs, one nutmeg, orange and lemon peel. Steam three hours.

BROWN PUDDING

Weight of 2 eggs in flour.
Weight of 2 in butter.
Weight of 1 in sugar.
2 eggs.
2 tablespoonfuls raspberry jam.
½ teaspoonful baking soda.

Mix sugar and eggs to a cream, beat jam till all bubbles, then add flour and half a teaspoonful carbonate of soda. Steam one hour and three-quarters. Sauce.—Yolks of three

eggs, two tablespoonfuls castor sugar; whip to a cream with one cup cooking sherry in a double saucepan, just a minute.

STEAMED SAGO PUDDING

1 pt. milk.
3 oz. sago.
2 oz. fresh butter.
3 oz. sugar.
Grated rind of 1 lemon.

Put into a saucepan milk, sago, fresh butter, sugar, the grated rind of one lemon. Boil all together for thirteen and a half minutes. Work in three eggs. Mix together one-half tablespoon flour, one and one-half teaspoonfuls sugar; butter mould and dust flour and sugar into it well. Pour in the mixture and put buttered paper on top and steam one hour.

MARMALADE PUDDING

¼ lb. suet.
¼ lb. breadcrumbs.
¼ lb. sugar.
2 oz. flour or ground rice.
1 tablespoonful milk.
2 tablespoonfuls orange marmalade.
1 egg.
½ teaspoonful baking-powder.

Finely chop the suet and put it in a bowl with the flour, sugar, breadcrumbs and baking powder. Mix well together. Beat the eggs until light, then beat into it the milk and marmalade. Mix all together, pour into a well-greased mould. Twist over a sheet of paper and steam four hours.

COLD PUDDING

Well-beaten yolks of 3 eggs.
1 cup white sugar.
Juice and rind of 2 lemons.
1 tablespoonful cornstarch.
1 cup cold water.

Boil together until thick; stir well, and pour while hot into a pudding dish, lined first with thin stale cake. When

cooked cover the top with three eggs (the whites) well whisked, and brown in the oven. Serve cold.

APPLE MERINGUE PUDDING

1 pt. stewed apples.
3 eggs, whites and yolks beaten separately.
Little cinnamon.
½ teacup sugar.
1 teaspoonful butter.
¼ teaspoonful essence of almond.

Prepare the apples as for a pie, and stew till almost a pulp, sweeten and spice, and while hot stir in the yolks of the eggs gradually. Beat very light, pour into a buttered dish, and bake for ten minutes. Cover, without drawing it from the oven, with a méringue made of the beaten whites, two tablespoonfuls of white sugar, and the almond flavoring. Spread it over with a tablespoon, evenly and quickly, close the oven again, and brown very slightly. Serve either hot or cold, as preferred.

In making the méringues see that the eggs are quite fresh, whip them in a cool place, and on a cold dish, otherwise they will not rise properly. Use them as soon as they are whipped to a high snowy heap; if left to stand they will become flat, and it is impossible to well froth them a second time. It must also be remembered that the whites will not froth to stiffness, if a drop of the yolk is mixed with them.

BAKED APPLE PUDDING

6 large apples (grated).
3 tablespoonfuls butter.
¼ lb. sugar.
2 eggs (whites and yolks beaten separately).
Juice of 1 lemon and half the rind grated.
Pastry.

Beat the butter and sugar into a cream, stir in the yolks, the lemon, the grated apple, and lastly the whites of the

eggs. Line a dish with pastry, pour in the mixture, and bake till nicely browned. This is best cold.

Normandy pippins may be used for this pudding if liked.

APPLE CHARLOTTE.

Slices of bread and butter, with the crust trimmed off, six apples, the grated rind of a lemon and the juice, sugar to taste.

Butter a pie-dish, and place a layer of bread-and-butter at the bottom, then a layer of apples, peeled, cored and cut into slices; sprinkle these over with sugar, a little of the lemon peel, and a few drops of the juice. Repeat this until the dish is full, then cover it well over with the peel of the apples to prevent it burning, and bake in a quick oven about three-quarters of an hour. When done, remove the peel, turn it out on a dish, sprinkle with white sugar, and serve at once.

APPLE SOUFFLE PUDDING

6 or 7 fine apples.
1 cup fine breadcrumbs.
4 eggs.
1 cup sugar.
2 tablespoonfuls butter.
Nutmeg and a little grated lemon peel.

Pare, core, and slice the apples, and stew in a covered double saucepan, without a drop of water, until they are tender. Mash to a smooth pulp, and while hot, stir in the butter and sugar. Let it get quite cold, and whip in, first the yolks of the eggs, then the whites—beaten very stiff—alternately with the breadcrumbs. Flavor, beat quickly three minutes, until all the ingredients are reduced to a creamy batter, and bake in a buttered dish, in a moderate oven. It will take about an hour to cook it properly. Keep it covered until ten minutes before you take it out. This will retain the juices and prevent the formation of a crust on the top.

APPLE FRITTERS

½ lb. flour.
1 oz. butter.
½ teaspoonful salt.
2 eggs, whites and yolks beaten separately.
Milk for thin batter.

Prepare some apples, as for a pie, or mince them if preferred; add these to the batter, and drop a large tablespoonful at a time into a pan of boiling lard or clarified dripping; fry till of a light brown, turning when required. When done, lay them on a sheet of blotting-paper before the fire to absorb the grease, then dish them, piled high, one above the other, and strewed with sifted sugar. They should be served as hot as possible.

SWISS APPLE PUDDING

Apples, breadcrumbs, moist sugar, butter.

Prepare the apples as for a pie, and put a layer of them in a buttered dish; cover with breadcrumbs, and a little sugar, and a few small pieces of butter. Repeat this until the dish is full, and bake till well browned. When finished, turn it out of the dish and sprinkle with white sugar.

GERMAN PUDDING

1 cup stewed apples.
1 cup breadcrumbs.
1 cup milk.
Butter size of egg.
1 tablespoonful sugar.
3 eggs.
Juice of 1 lemon.
Some chopped peel.
A few almonds, chopped.

Have apples, sweetened; add bread-crumbs soaked in milk; butter, sugar creamed with butter; three eggs, yolks and whites beaten separately; juice of one lemon and some of the peel chopped fine; a few almonds chopped fine and mixed well with butter. Steam.

AGRA PUDDING

4 eggs.
1½ pts. milk.
1 tablespoonful sugar.
Bread-and-butter marmalade.
1 pt. boiled custard.
Vanilla to taste.

Cut thin slices of bread-and-butter, and spread them with the marmalade. Fit them neatly into a buttered pie-dish until it is half full; then pour over them gradually a hot custard made of the milk heated almost to boiling, then taken off the fire, and the beaten eggs and sugar stirred in with the flavoring. Place a small plate on the top to prevent the bread from rising, and let it soak for half an hour. Grate a little nutmeg on the top, and bake, and when done turn it out of the dish, and pour over it a pint of boiled custard. This pudding is very good, either hot or cold, especially so if French bread can be used.

A plainer pudding may be made by omitting two of the eggs and the boiled custard, but in that case it should be sent to table in the dish in which it is baked. Both are very good and may be commended to housekeepers who seek a simple, yet dainty dessert.

ARROWROOT CHARLOTTE

2 tablespoonfuls flour.
3 tablespoonfuls arrowroot.
1 qt. milk.
3 or 4 stale sponge cakes.
Vanilla flavoring.

Line a mould with the sponge cakes, cut thin, and sprinkle with sherry. Mix the flour and arrowroot with enough cold milk to make it smooth. Put the remainder of the milk into a saucepan and stir in the mixture just before it boils; boil a few minutes, stirring all the time, then pour it boiling into the mould. Stand it aside till quite cold, turn it out of the mould and spread it with jelly or jam.

ARROWROOT CREAMS

1 oz. arrowroot.
3 oz. powdered sugar.
1 egg, yolk only.
1 qt. milk.
A little lemon peel and cinnamon.

Mix the arrowroot with a little of the milk to a smooth paste and add to it the egg. Boil the remainder of the milk with the sugar and flavoring, and pour it boiling hot on the arrowroot, keeping it well stirred till nearly cold, when it may be set aside in custard glasses. This makes a nice afternoon dish.

AUSTRIAN PUDDING

1 lb. flour.
A pinch of salt.
1 large teaspoonful baking-powder.
¼ lb. suet, chopped.
1 tablespoonful sugar.
1 breakfast cup of milk.
1 breakfast cup of treacle.

Mix the dry ingredients together, then warm the milk, stir it into the treacle, and add it to the pudding. Mix well and boil slowly but continuously in a well-buttered basin for three hours.

BREAD FRITTERS

1 pt. milk.
1 egg.
¼ lb. flour.
Bread and jam.

Make a batter with the milk, egg, and flour. Cut some slices of bread rather thin, in squares or three-cornered pieces, spread half of them with jam and cover with the other slices; dip them into the batter, and fry in boiling lard till of a light brown color. Serve very hot, piled on a dish, and sprinkled with white sugar.

BREAD-AND-BUTTER PUDDING

Four eggs well beaten, one ounce of lump sugar, one-quarter pound of currants, one quarter of a teaspoonful of salt.

Butter a basin well, put in a sprinkle of currants all round, then a layer of bread-and-butter, and so on, until the basin or mould be nearly full, then add to the eggs a quart of milk with the sugar. Boil for an hour and a half gently.

BETSY PUDDING

One pint of milk, three ounces breadcrumbs, one egg, one tablespoonful of white sugar, jam.

Spread a good layer of jam in the bottom of a pie-dish. Pour the milk nearly boiling on to the breadcrumbs; when cool stir in the egg, which should be beaten; pour this gently on the preserve; grate a little nutmeg over the top, and bake for half an hour.

BACHELOR'S PUDDING

One egg, with its weight in minced apple, flour, sugar, currants, breadcrumbs, suet.

Mix these with the egg and add a little milk. Boil in a mould from one and a half to two hours.

CARROT PUDDING

¼ lb. grated breadcrumbs.
¼ lb. currants.
¼ lb. suet.
¼ lb. flour.
¼ lb. sultanas.
1 large tablespoonful treacle.
Grated rind of ¼ lemon.

Mix well together with a little milk, and boil in a basin, or mould, for an hour and a half.

SPONGE PUDDING

1 oz. butter.
1 oz. sugar.
1 oz. flour.
½ pt. milk.
3 eggs.

Scald the milk, and put the butter, sugar, flour, and yolks of eggs into it. Beat the whites stiff and stir in. Bake in a pan set in another pan of water, for about half an hour. Sauce.—One cup of sugar, one-half cup of butter, one-half cup boiling water, one-half cup wine and a little nutmeg.

FRUIT PUDDING

1 cup molasses.
1 cup milk.
1 cup suet, chopped.
1 cup raisins.
½ cup currants.
2½ cups flour.
Baking powder, salt, spices to taste.

Steam two hours in buttered mould. Serve with hard sauce (butter and sugar creamed together and hot water sparingly added to thin to desired consistency), flavored with vanilla or lemon.

SUET PUDDING

¾ lb. chopped suet (fine).
½ cup seeded raisins, (chopped).
3 tablespoonfuls moist sugar.
3 eggs (yolks of 3 and whites of 2 well beaten).
3 tablespoonfuls flour.
A little nutmeg.
A little salt.
1 teaspoonful baking soda.

Boil for four hours or steam in basin.

YORKSHIRE PUDDING

Pint new milk, two eggs, five tablespoons flour, pinch of salt. Stir milk and flour to batter, put in salt, add well-beaten eggs. Have a shallow tin pan with lots of melted

dripping boiling hot. Pour in batter, bake half an hour in hot oven. English cooks set the cooked pudding under the roast and allow it to catch some of the dripping just before serving.

CHEAP PLUM PUDDING

Two cups of flour, one teaspoon of baking-powder, one-half teaspoon of cinnamon, one-half cup of suet, one-half cup raisins, one egg, one-half cup molasses, one-half cup of milk. Steam three hours.

CARAMEL PUDDING CUSTARD

6 eggs (yolks).
2 oz. sugar.
½ pt. cream.
2 oz. castor sugar.
Enough water to moisten sugar.

Put sugar and water into a mould and cook until sugar is of a dark color; allow it to run all over the mould; dip in cold water to set it; then pour in your custard; put into a saucepan with boiling water half way up the mould; cook about twenty minutes; cover mould with a buttered paper, and put cover on saucepan while the custard is steaming.

SMOTHERED FIG PUDDING

3 cups rich milk.
1 cup sugar.
2 eggs, well beaten.
Butter size of egg.
2 tablespoonfuls cornstarch.
Figs.
Vanilla flavoring.

Make custard in double boiler. Place a layer of finely cut up figs, then a layer of custard, and so on till dish is full. Set away till cool. Put whipped cream on top and serve. Preserved ginger used instead of the figs is also good.

PRUNE PUDDING

One pound prunes, stew and remove the pits; whites of four eggs beaten very stiff, and three tablespoons white sugar. Put sugar and whites of eggs together; add prunes. Bake one-half hour. Serve with cream.

ADA FORD'S PUDDING

½ cup melted butter.
¾ cup sugar.
½ cup milk (large).
2 eggs.
1¾ teacupfuls flour.
1½ teaspoonful baking powder.
1 cup jam.

Butter a mould, cover the bottom with jam, fill with batter, and steam one hour and a quarter. Serve with sauce.

CHRISTMAS PUDDING

1 lb. suet.
1 lb. currants.
1 lb. raisins.
1 lb. sultanas.
1 lb. moist sugar.
½ pt. milk.
1 nutmeg.
1 lb. grated breadcrumbs.
½ lb. citron.
¼ lb. orange peel.
¼ lb. lemon peel.
½ lb. flour (browned).

Mix well and boil five hours.

GRAHAM FLOUR PUDDING

Two cups graham flour, one cup sweet milk, one cup of molasses, one cup of currants or raisins, one teaspoonful baking powder, one teaspoonful of salt. Put in a shape and boil or steam for three hours. Serve with foam sauce.

FOAM SAUCE

Half cup butter, one cup white sugar, one egg, six tablespoonfuls of milk, one wineglass of brandy. Beat the butter

and sugar to a froth; add yolk of egg and milk. Set on a slow fire; add brandy and white of egg well beaten just before serving.

PLAIN GINGER PUDDING

¾ cup suet.
2 cups flour.
½ teaspoonful salt.
3 large tablespoonfuls brown sugar.
3 large tablespoonfuls molasses.
2 teaspoonfuls baking powder.
1 large teaspoonful ground ginger.
A small grating of nutmeg.
½ cup sweet milk.
½ cup cold water.

Line a melon mould with raisins, pour in the batter, and steam for two and one-half hours.

"GLENEDYTH" CHRISTMAS PUDDING

1½ lbs. breadcrumbs.
½ lb. flour.
2 lbs. chopped suet.
2 lbs. raisins, chopped.
2 lbs. currants.
2 lbs. sugar.
18 eggs.
1 claret glass brandy.
1 wine glass maraschino.
2 oz. almonds, blanched and sliced.
2 oz. candied peel.
2 oz. citron.
2 oz. preserved ginger finely chopped.
2 small nutmegs.
2 limes, juice and finely chopped rind.
1 teaspoonful salt.

Mix all to a stiff paste, moistening with a little milk if necessary, but be careful, for milk will make the pudding heavy. The eggs and milk should be stirred into the ingredients after they have been thoroughly mixed together, and last of all the brandy and liqueur. This pudding will take ten hours to boil, and is large enough for a party of sixteen.

Sauce.—Put ten yolks of eggs in a stew-pan, four ounces of sugar, one pint of milk. Stir over the fire in a "bain

marie'' (double boiler) till a rich custard has been formed; add a claret glass of Noyeau; strain the sauce and serve hot. Instead of Noyeau three-quarters of a pint of Madeira may be used.

SPONGE PUDDING

1½ tablespoonfuls butter.
4 tablespoonfuls flour.
5 tablespoonfuls white sugar.
6 eggs, whites and yolks beaten separately.
1 pt. sweet milk.

Boil the sugar, flour and one pint of sweet milk together, then take off the fire and stir in butter. When cool add the eggs well beaten. Bake one hour in a pan of water.

Sauce for above.—Half pint wine and water, one cup sugar, one-half cup butter, one teaspoon flour, one egg, flavor with nutmeg.

BRENTWOOD PUDDING

3 oz. breadcrumbs.
3 oz. butter.
3 oz. sugar.
Yolks of 3 eggs.
Juice of 2 lemons and grated rind of one.

Line the dish with pastry, put a layer of jam at the bottom, over which pour the above mixture. Bake forty minutes. When it has been in the oven thirty minutes pour over it the whites of the eggs beaten to a stiff froth.

MAY'S PUDDING

1 qt. boiling water.
Juice of 1 lemon.
4 tablespoonfuls cornstarch.
2 eggs, beaten separately.
2 cups sugar.

Mix the cornstarch with a little cold water, add the lemon-juice. Have the water boiling on the fire; put in the sugar and stir in the cornstarch. When it has well thickened add the whites of the eggs beaten very stiff. Stir well and pour into a mould. The yolks of the eggs can be used to make a

custard, with one pint of milk and one small tablespoonful of cornstarch; sugar to taste. Serve cold.

RAISIN PUFF

2 eggs.
½ cup butter.
3 teaspoonfuls baking powder sifted in 2 cups flour.
2 tablespoonfuls sugar.
1 cup raisins, chopped.
1 teacupful milk.

Steam one hour in an ordinary brown bread steamer. Serve with whipped cream or cold sauce.

BANANA PUDDING

½ box gelatine.
6 small bananas.
1 cup granulated sugar.
1 small cupful preserved ginger, chopped.
1 cupful walnuts, chopped fine.
1 pt. milk.
½ pt. whipped cream.

Soak the gelatine for fifteen minutes in a cupful of cold milk. Mash the bananas till smooth. Mix in the chopped ginger and walnuts, add the sugar. Pour the milk (boiling) on the gelatine, stir till dissolved, to which add the bananas, ginger, and walnuts. Set in a bowl in a can of crushed ice or cold water. Stir occasionally till the mixture begins to grow firm, then very gently fold in the whipped cream and pour into a mould which has been rubbed inside with sweet oil. When firm turn out and serve with whipped cream.

CUSTARD PUDDING

Take five tablespoonfuls out of a quart of cream or rich milk, and mix them with two large spoonfuls of fine flour. Set the rest of the milk to boil, flavoring it with bitter almonds broken up. When it has boiled hard, take it off, strain it,

and stir it in the cold milk and flour. Set it away to cool, and beat well eight yolks and four whites of eggs; add them to the milk, and stir in, at the last, a glass of brandy or white wine, a teaspoonful of powdered nutmeg, and half a cupful of sugar. Butter a large bowl or mould; pour in the mixture; tie a cloth tightly over it; put it into a pot of boiling water, and boil it two hours, replenishing the pot with hot water from a tea-kettle. When the pudding is done, let it get cool before you turn it out. Eat it with butter and sugar stirred together to a cream and flavored with lemon-juice or orange-juice.

RICE PUDDING

1 teacupful rice.
3 tablespoonfuls butter.
5 tablespoonfuls sugar.
1 qt. cream.
1 glass wine.
5 eggs.
1 teaspoonful of ground nutmeg.
Salt.
¼ lb. raisins, cut in halves.
¼ lb. Zante currants.
¼ lb. citron cut in strips.

Wash rice, and boil it in two teacupfuls of water; then add, while the rice is hot, butter, sugar, eggs well beaten, nutmeg, a little salt, one glass of wine, raisins, currants, citron, and cream; mix well, pour into buttered dish and bake an hour in a moderate oven.

RHUBARB, OR PIE-PLANT PUDDING

Chop rhubarb pretty fine, put in a pudding-dish, and sprinkle sugar over it; make a batter of one cupful of sour milk, two eggs, a piece of butter the size of an egg, half a teaspoonful of soda, and enough flour to make batter about as thick as for cake. Spread it over the rhubarb, and bake till done. Turn out on a platter upside down, so that the rhubarb will be on top. Serve with sugar and cream.

PRESERVE DUMPLINGS

Preserved peaches, plums, quinces, cherries or any other sweetmeat; make a light crust, and roll a small piece of moderate thickness and fill with the fruit in quantity to make the size of a peach dumpling; tie each one in a dumpling cloth, well floured inside, drop them into hot water, and boil for half an hour; when done, remove the cloth, send to table hot, and eat with cream.

FROZEN PUDDING

1 large pt. milk.
½ cupful flour, scant.
2 cupfuls sugar.
2 eggs.
2 tablespoonfuls gelatine.
Brandy.
1 qt. cream.
1 lb. preserved fruit.
4 tablespoonfuls sherry wine.

Soak gelatine in water two hours. Soak fruit in brandy. Cook milk, flour, eggs, gelatine and one cupful of sugar. When cool add cream, wine, and the other cup of sugar, and freeze, then add fruit, and pack in bricks.

WRITTEN RECIPES

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DESSERTS, CUSTARDS AND CREAMS

The usual rule for custards is, eight eggs to a quart of milk; but a very good custard can be made of six, or even less, especially with the addition of a level tablespoonful of sifted flour, thoroughly blended in the sugar first, before adding the other ingredients. They may be baked, boiled or steamed, either in cups or one large dish. It improves custards to first boil the milk and then cool it before being used; also a little salt adds to the flavor. A very small lump of butter may also be added, if one wants something especially rich.

To make custards look and taste better, ducks' eggs should be used when obtainable; they add very much to the flavor and richness, and so many are not required as of ordinary eggs, four ducks' eggs to a pint of milk making a delicious custard. When desired extremely rich and good, cream should be substituted for the milk, and double the quantity of eggs used to those mentioned, omitting the whites.

When making boiled custard, set the dish containing the custard into another and larger dish, partly filled with boiling water, placed over the fire. Let the cream or milk come almost to a boil before adding the eggs or thickening, then stir it briskly one way every moment until smooth and well cooked; it must not boil or it will curdle.

To bake a custard, the fire should be moderate, and the dish well buttered.

Everything in baked custard depends upon the regularly heated slow oven. If made with nicety, it is the most delicate of all sweets; if cooked till it wheys, it is hardly eatable.

Frozen eggs can be made quite as good as fresh ones if

used as soon as thawed soft. Drop them into boiling water, letting them remain until the water is cold. They will be soft all through and beat up equal to those that have not been touched with the frost.

Eggs should always be thoroughly well beaten, separately, the yolks first, then the sugar added; beat again, then add the beaten whites with the flavoring, then the cooled scalded milk. The lighter the eggs are beaten, the thicker and richer the custard.

Eggs should always be broken into a cup, the whites and yolks separated, and they should always be strained. Breaking the eggs thus, the bad ones may be easily rejected without spoiling the others, and so cause no waste.

A meringue, or frosting for the top, requires about a tablespoonful of fine sugar to the beaten white of one egg; to be placed on the top after the custard or pudding is baked; smoothed over with a broad-bladed knife dipped in cold water, and replaced in the oven to brown slightly.

SOFT CARAMEL CUSTARD

One quart of milk, half a cupful of sugar, six eggs, half a teaspoonful of salt. Put the milk on to boil, reserving a cupful. Beat the eggs and add the cold milk to them. Stir the sugar in a small frying-pan until it becomes liquid and just begins to smoke. Stir it into the boiling milk; then add the beaten eggs and cold milk, and stir constantly until the mixture begins to thicken. Set away to cool. Serve in glasses.

RASPBERRY CREAM

One-quarter pound white sugar, one-quarter pound raspberry jam, and the whites of four eggs beaten together for an hour.

A DAINTY DESSERT

Line a glass bowl with slices of sponge cake or ladies' fingers, fill the bowl with sliced bananas; squeeze the juice and pulp from a quart of blackberries, sweeten it well, then pour it over the bananas; stand on ice until ice-cold, then cover with a deep layer of whipped cream and serve.

PRUNE SHAPE

One and one-half pounds of best prunes (or figs), stew with a little sugar till quite tender. Strain the liquid from them and take out the stones; one six-ounce packet of gelatine, dissolved in one pint of cold water. Then add a small half pint of boiling water mixed with juice of prunes; add one cup sugar and a few drops of ratafia. Place the prunes round the mould and pour liquid over. Let it stand till quite cold. Blanched almonds are an improvement.

AMBROSIA

One pineapple chopped quite fine, one-half box strawberries, six bananas sliced and the slices quartered, six oranges sliced and the slices quartered; one lemon cut fine; sweeten to taste. Add one wineglassful sherry and set away until cold.

SALTED ALMONDS

Two pounds almonds, three tablespoonfuls best olive oil, one tablespoonful fine salt. Blanch almonds, pour oil over them, adding salt. Let them stand for an hour or two, stirring frequently. Then place in a pan large enough for the almonds to rest on the surface, not being crowded one on another. Place in an oven sufficiently slow to allow twenty minutes for the nuts to brown nicely, and shake the pan frequently that they may color evenly.

PEACH MELBA

1 pt. milk.
Yolks of 5 eggs.
Vanilla flavoring.
Peaches or pears.
Raspberry syrup.

Make the custard with milk and eggs, vanilla essence to taste; make this custard into an ice. When ready for the melba, take the ice out of the freezing machine and place in rather a deep dish; then put peaches or pears on the top of the ice, then pour raspberry syrup over the whole and serve. To make the raspberry syrup, take a small jar of raspberry jam and pass through a fine sieve. Then take a very small bottle of raspberry syrup and well mix with the jam as the syrup alone is not thick enough. We always use raspberry and red currant mixed, which can be obtained at the grocers, also tinned peaches and pears would do nicely.

APPLE CHARLOTTE

1 pt. stewed apples.
1 cup sugar.
Juice and rind of 1 lemon.
$\frac{1}{3}$ box gelatine.
3 eggs (whites).

Mix apples with one cup sugar; the grated rind and juice of lemon. Soak gelatine in one-third of a cup of cold water twenty minutes; add one-third of a cup of boiling water to dissolve the gelatine; when cool add it to the apples. When beginning to stiffen, add the beaten whites of three eggs; pour into moulds lined with lady fingers. Serve with soft custard poured round the base of the charlotte.

POACHED APRICOTS

Upon some slices of sponge cake place halves of apricots (the round sides uppermost), and whip the whites of two or three eggs to a snow frost with sugar. Place this around

the apricot halves so as to make them resemble poached eggs. Whipped cream, if obtainable, is even better than the meringue. A little of the apricot juice should be added as flavoring.

STRAWBERRY MOULD

Line a mould with nicely flavored lemon jelly. Then put in a layer of strawberries, freed from their stalks and cut in halves. Setting this layer with a little more jelly, have a smaller mould the same shape as the first; stand it in the centre of the larger mould (failing a mould use a small, round tin or jam pot), and fill up the outer circumference with alternate layers of the strawberries and lemon jelly. Place the mould on ice to set, and meanwhile whip half a pint of cream to a stiff froth, adding about one-quarter of an ounce of best leaf gelatine, dissolved in a very little water or milk, and very gradually add to this a cupful of strawberry pulp (obtained by mashing fruit through sieve), sweetened to taste. When the jelly is set, remove the inner mould by pouring a little warm water into it and lifting out as quickly as possible. Then fill up the space thus left with the whipped cream and strawberry pulp, and put the mould back on the ice for an hour or two, when it can be turned out and served with cream.

CRANBERRY JELLY

To one quart of cranberries add one scant cupful of water, and cook until the berries are tender. Remove from the fire and strain through a fine sieve. Return the juice to the saucepan, add two cupfuls of sugar, and cook just long enough to thoroughly melt the sugar. When cool, put in a mould and pack in ice for an hour, and serve in sherbet glasses.

STIFF CRANBERRY JELLY

To each pound of berries add one pint of water, and boil half an hour, stirring gently and skimming. Strain well,

and to each pint of juice add one pound of sugar (granulated). Boil again until it jellies.

CHOCOLATE CREAM

6 oz. chocolate, grated.
1 pt. cream.
2 oz. gelatine.
6 oz. sugar.
Yolks of 6 eggs.

Grate finely six ounces chocolate; put chocolate into a saucepan with cream, sugar, and yolks of eggs. Stir over fire until it thickens, run through sieve; add dissolved gelatine. Mix and fill mould and place on ice.

CHARLOTTE RUSSE

One pint cream, one-quarter cup sugar, whites of two eggs, one teaspoonful granulated gelatine. Dissolve gelatine in as little boiling water as possible, whip cream and beat eggs very light; add all together and pour into mould lined with lady fingers.

ITALIAN CREAM

For two moulds: Three cups of cream and one cup of milk whipped stiff; one box of gelatine sweetened to taste. Put the sugar with the gelatine when it is hot. Flavor with vanilla; stir till it thickens, then mould.

APPLE PORCUPINE

Pare and core the apples. Make a syrup by boiling sugar and water in equal proportions. As soon as the fruit is pared, before it is discolored by standing, immerse it in the syrup and cook until it is easily pierced with a straw. Then draw the apples from the liquid and ornament the sides of each by piercing them with blanched almonds. Fill the cavities with jelly, preserved fruit or marmalade and serve hot or cold with cream. With the remaining syrup and the skins and cores, apple jelly may be made.

PINEAPPLE CREAM

4 eggs.
½ pt. milk.
½ pt. double cream
¾ oz. gelatine.
3 oz. sugar.

Take the pineapple and trim well, cut in half, cut one-half in dice, the other half pound in a mortar and pass through a hair sieve. Whip the cream, add the juice of pine, also the dice of pine; dissolve the gelatine in a gill of the pineapple syrup, add sugar; when cold add cream, and pour it into a decorated mould and set on ice.

GATEAUX AUX PRUNES

1 lb. prunes.
3 oz. sugar.
¾ oz. gelatine.
Juice and rind of 1 lemon.
1 glass brandy.
1 pt. water.
A few drops cochineal.

Boil the prunes in the water and sugar until quite soft; then take them out and take the stones out, crack the kernels, add them with the brandy, lemon juice and peel, a little cochineal and the gelatine dissolved in a little water. Boil all for twenty minutes. Pour into a border mould. When set, turn out, and serve with whipped cream in the centre.

CREME A LA DUCHESSE

A very rich custard, stiffened with one ounce gelatine and flavored with two ounces of powdered baked almonds and a gill of whipped cream. Stir into this some crystallized apricots and ginger cut up small; pour the mixture into a mould and pack in ice. Prepare some syrup, flavored with wine colored with a little carmine; set in the ice till cold, when turned out.

SHERRY FLIP

1 pt. cream.
2 doz. almonds.
3 glasses sherry.
Juice of 2 lemons.
Sugar to taste.

Blanch and chop the almonds and put them into a jug with the cream. In another jug put the sherry, lemon-juice and enough sugar to sweeten the whole nicely. Pour rapidly from one jug to the other till the mixture is well frothed; then pour it into individual glasses. This is sufficient to fill twelve ordinary custard glasses.

CHOCOLATE CREAM

$\frac{1}{8}$ lb. chocolate.
1 pt. milk.
4 eggs.
4 tablespoonfuls sugar.

Melt chocolate. Heat one pint milk; add yolks of eggs, and sugar; stir until creamy; add the chocolate. It must not boil. Strong coffee, vanilla, may be used in the same way, as flavoring to the cream.

APPLES A LA PRINCESS MAUDE

Peel one and a half pounds of good cooking apples, cut them up and cook them in three-quarters of a pint of water with four to six ounces of loaf sugar, according to the sweetness of the apples, and bay-leaves, and the finely cut peel of one lemon. When the apples are perfectly soft, dissolve with them three-quarters of an ounce of leaf gelatine and pass the whole through a sieve; divide the purée into two parts, and redden one of them with liquid carmine, and whiten the other with a little thick cream, and put them in separate sauce pans to about a quarter of an inch thick, and let them set. Put the pans on broken ice if you have any. When the purée is set cut out in rounds with a plain cutter

about the size of a shilling for ornamenting round the mould, and in leaf shapes for the bottom and in the centre of each of the rounds set a little round of angelica with a little liquid jelly. Line a plain round mould with lemon jelly to about one-eighth of an inch thick; set the cut leaves of apple purée regularly on the bottom of the mould with the stock ends at the centre and the rounds regularly round the sides in alternate colors; fix these in their places with a little more of the lemon jelly and fill up the centre with the following cream, viz.: Separately dissolve the odds and ends of the cuttings of the purée with two tablespoonfuls of lemon jelly, and let them stand till somewhat cool; then add to each a quarter of a pint of thickly whipped cream and pour them into the mould in alternate layers and put to set on broken ice; when required turn out on a dish; place on the top a ball of stiffly whipped cream sweetened and flavored with vanilla essence, and lightly sprinkle with a little chopped pistachio nuts.

BANANAS

Slice and pour over them a little white wine, leave them to soak for two hours. Cover with custard made as for chocolate cream, without flavoring.

FRIED BANANAS

Strip off the skins; cut each banana into three slices, and flour well. Sauté in hot butter in a frying-pan, or fry in deep fat. Drain dry and serve hot. Or, roll in egg, then in cracker dust; set on ice for one hour and fry in hot, deep cottolene.

BANANA CROQUETTES

For this purpose select small, yellow bananas; strip off the skins and cut off the ends, so as to make them look like croquettes; pepper and salt, roll in egg, then in cracker-

crumbs, set on the ice for one hour to stiffen them, and fry in hot, deep cottolene to a golden brown. Serve dry and hot. They should accompany chicken or lamb, being a delicate yet piquante vegetable, and unfit to attend roast beef or other heavy meats.

SPANISH CREAM

1 pt. new milk.
1 box gelatine.
½ lb. white sugar.
4 eggs (whites and yolks beaten separately).
2 teaspoonfuls vanilla and a little almond extract.

Soak gelatine in a little water till very soft. Boil the milk, stir in gelatine, then sugar, then the well-beaten yolks; stir well, and let the mixture thicken; put in flavoring and boil till the mixture separates, then take from the fire, beat in the whites (previously beaten stiff); stir lightly together and pour into a mould. This quantity is sufficient for one quart.

MAPLE PARFAIT

Beat the yolks of ten eggs very light, and add a large cupful of maple syrup. Put it over the fire, stir till it thickens, then take off and beat till cold. Add quickly a quart of cream beaten till it is perfectly stiff, and pour into a two-quart melon mould. Pack in ice and salt for five or six hours.

STRAWBERRY SHERBET

One pint of berries, one pint of granulated sugar, one pint of water, juice of two lemons, one tablespoonful of gelatine. Dissolve the gelatine in the water; add berries and sugar, and last of all the lemon juice. Stir lightly and freeze.

LEMON SHERBET

One quart of fresh milk, three cups of sugar, three lemons. Grate a very little of the rind of one of the lemons, add the

strained juice of all the lemons and the sugar to the milk and freeze at once.

CRANBERRY FRAPPE

One quart of cranberries, one quart of water, boiled five or six minutes, strain through a coarse cheese cloth, add one pint of sugar and stir and boil until sugar is dissolved; when cold add juice of two lemons strained. Freeze to a mush, using equal parts of ice and salt. Serve in glass cups. To be eaten with turkey.

MUSCAT SHERBET

1 cup sugar.
1 tablespoonful gelatine.
Juice of 4 lemons.
Grated rind 1 lemon.
1 cup sherry.
2 eggs (whites).
2 tablespoonfuls powdered sugar.
Green coloring.

Dissolve one cupful of sugar in one pint of boiling water, take from the fire and add gelatine which has been soaked until soft in half a cupful of water; add the juice of lemons and the grated rind; let stand for half an hour, then strain. Add sherry and three cupfuls of cold water and color green, remembering that freezing lessens all colors, and it is to be a pretty pale green when served. Turn into the freezer, when half frozen, add meringue made by beating together the whites of eggs and powdered sugar until stiff and glassy. Finish the freezing, pack and set away until serving time.

CAFE MOUSSE

Mix well together one pint of thick cream, three tablespoonfuls of powdered sugar, one teaspoonful of vanilla and one-third of a cup of very strong coffee, chill thoroughly, then whip, setting the bowl in a pan of ice water. Take off

the froth as it rises and lay on a sieve. When no more froth will rise turn the drowned whip carefully into a mould, cover lightly, binding the edges with a strip of muslin dipped in melted butter; bury in ice and salt as for freezing, let stand for two or three hours; wipe off the mould and turn out on a serving dish.

CHARLOTTE RUSSE

1 pt. cream, whipped stiff.
½ oz. gelatine.
¼ pt. milk.
Whites of 2 eggs.
1 teacupful powdered sugar.
Flavor to taste.

Dissolve gelatine in one-quarter pint of hot milk. Fasten lady fingers with icing, mix cream, whites of eggs and sugar together, add gelatine last, a little at a time. Beat quickly with a spoon.

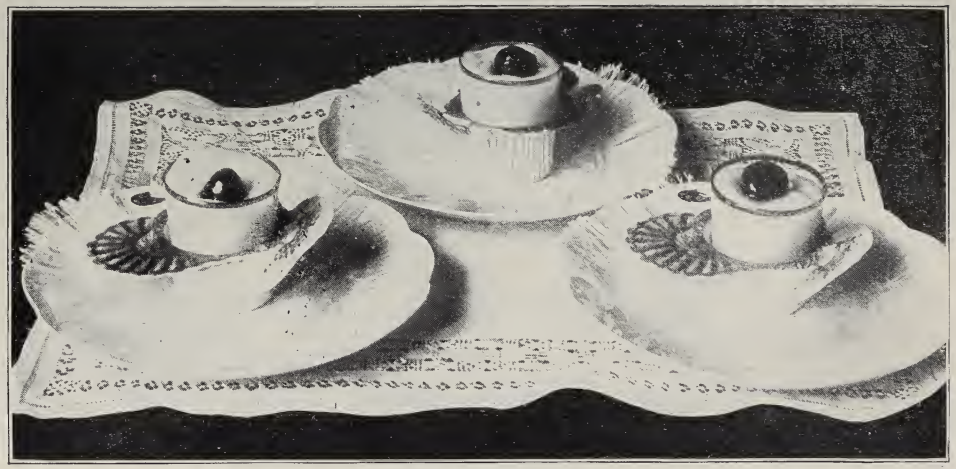
TRIFLE

4 tablespoonfuls sherry wine.
4 tablespoonfuls brandy.
Strawberry or raspberry jam.
1 qt. cream.
½ lb. macaroons.
1 doz. lady fingers.
1 teaspoonful vanilla.
½ teacup seeded raisins.
½ cupful chopped, blanched, almonds.

Any kind of stale cake sponge or pound cake preferred. In a dish put first a layer of cake, then a little brandy, then jam, then cake, wine, raisins and nuts, also a little cream whipped; begin again as before, then add a few macaroons and make a wall of lady fingers. After all the cake, wine and raisins are used, over the top put plenty of whipped cream (stiff). This recipe makes enough trifle for about twenty people.

PINEAPPLE CREAM

Whip one pint of cream to a stiff froth, add a large cup of sugar, one-half box gelatine soaked in a cup of milk for one hour; a tiny pinch of salt is an improvement. Scrape one



LEMON WATER ICE

pineapple with a silver fork until it is in fine shreds, and add it to the cream (or one can of pineapple). Set mould on ice to stiffen.

ICE CREAM

1 qt. milk. 2 cups sugar.
2 tablespoonfuls cornstarch. Vanilla flavoring to taste.

Put milk on to boil, dissolve cornstarch in two tablespoons of cold milk, stir into boiling milk; cook five minutes, strain, add sugar, flavor to taste. When perfectly cold, freeze. An excellent recipe that never fails.

LEMON WATER ICE, OR ORANGE

Four large juicy lemons, one quart water, one orange, one and one-quarter pounds sugar. Put sugar and water on to boil; chip yellow rind from three lemons and the orange, add to the syrup; boil five minutes and stand to cool; squeeze juice from lemons and orange; add to cold syrup, strain and freeze. Just before removing dash, add white of one egg beaten very stiff with one tablespoon sugar, to make white and frothy. Have used this a dozen times.

CUSTARD SOUFFLE

2 scant tablespoonfuls butter. 4 eggs.
2 tablespoonfuls flour. 2 tablespoonfuls sugar.
1 cup milk.

Rub butter to a cream, add flour, and pour on gradually one cup of hot milk. Cook eight minutes in double boiler, stirring often. Separate yolks and whites of eggs, and put whites on ice. Beat yolks, add sugar, and add to the milk, and set away to cool. Half an hour before serving beat the whites stiff, and cut them in lightly. Bake in buttered pudding dish in moderate oven thirty minutes, and serve at once with creamy sauce.

CARAMEL CUSTARD

One-half cup sugar, two tablespoonfuls water, one quart milk, six eggs, one-half teaspoonful salt, one teaspoonful vanilla. Put sugar in pan, and stir until it melts and is light brown; add the water, and stir into the warm milk. Beat eggs lightly, add salt and vanilla and part of the milk. Strain into the remainder of the milk, and pour into a buttered two-quart mould. Set the mould in a pan of warm water, and bake from thirty to forty minutes, or till firm. Serve with cream and fruit sugar.

STONE CREAM

Put some preserve, strawberry, raspberry or peach, into a glass dish with three large tablespoonfuls of lemon juice on the top, then boil a pint of cream with three-quarters of an ounce of isinglass dissolved in a very little warm milk; add wine and loaf sugar; when new milk warm, keep moving it round on the sweetmeats on the dish; it is best made the day before it is wanted. When quite cold cut some blanched almonds lengthwise and stick them all over it.

LEMON TRIFLE

2 lemons (juice).
Grated rind of 1 lemon.
1 cupful sherry.
1 large cup of sugar.
1 pt. cream sweetened and whipped stiff.
A little nutmeg.

Strain the lemon juice over the sugar and grated peel, and let them lie together two hours before adding the wine and nutmeg. Strain again and whip gradually into the frothed cream. Serve in jelly glasses. It should be eaten soon after it is made.

FIG TRIFLE

6 figs.
3 oz. shelled walnuts.
¼ pt. cream.
1 glass liquor.
1 dessertspoonful sugar.

Cut the figs with a sharp knife into fine dice, chop the walnuts coarsely, whip the cream, sweeten with sugar to taste, then lightly stir in the figs and walnuts; flavor with the liqueur and serve in custard glasses.

LEMON WATER ICE

One quart of water boiled with pared rind of two lemons (avoiding white part), two and one-half cups sugar or more (very sweet), one tablespoon (not heaping) of cornstarch, juice of five lemons. Strain and freeze; should stand one hour before using.

APPLE SNOW

Pare, core and slice six or eight tart, juicy apples; stew them in a little water until soft enough to press through a colander; sweeten to suit the taste and turn into a deep glass dish; let the apples get cold and then cover with a soft custard made with a pint of milk, the yolks of three eggs and sugar to sweeten. Flavor with lemon or orange, and when cold pour over the apples. Whip the whites to a stiff froth with three heaping tablespoons of powdered sugar and heap lightly over the custard.

MAPLE MOUND

One cup of maple syrup, one pint of cream, yolks of four eggs. Boil syrup five minutes; remove from stove and add beaten yolks of eggs; when cold stir in cream, which has been whipped. Pour into mould and pack in ice and salt for three hours.

TRIFLE

Sponge cake, soaked in sherry wine; chopped figs and a pint of almond custard, large cup of strawberry jam, one pint of cream, whipped, for top.

GINGER CREAM

Cut four ounces of prepared ginger in dice; put one ounce of gelatine into a saucepan with a pint of milk and four tablespoonfuls of sugar. Let it boil slowly, stirring all the time till the gelatine is dissolved, then add ginger. When cool add one pint of whipped cream. Pour in dampened mould to form.

PINEAPPLE CREAM

One can of pineapple (grated), three ounces of loaf sugar, half a pint of water, three-quarters of an ounce of gelatine, one and a half pints of cream. Drain syrup from pineapple and put in half a pint of water and sugar in sauce-pan. When dissolved add fruit, boiling ten minutes, then add gelatine and boil ten minutes longer. When entirely cold add the cream, well whipped, and pour in moulds.

RUSSIAN CREAM

1 box gelatine.
1 qt. milk.
¾ cups sugar.
4 eggs.

Soak gelatine in cup of milk, add to rest of milk, heated. Add yolks of eggs and sugar. Cook until smooth. Remove from stove and add whites of eggs. Pour in mould to cool.

SAUCE

Three eggs, three ounces sugar, half pint of whipped cream measured after being whipped, half glass of chartreuse; whip eggs and sugar over boiling water for ten minutes; then remove and whip until cold, then add cream and chartreuse.

SOUFFLE

2 oz. butter.
2½ oz. flour.
Yolks of 4 eggs.
Whites of 6 eggs.
1 teaspoonful vanilla.
2 oz. chocolate.
2 oz. sugar.
1 gill cream.

Melt butter and flour, then add cream; cook two minutes; add chocolate and stir till melted. Remove from fire and let cool, then add yolks and, just before steaming, add whites stiffly beaten; fold them in gently; steam one hour and a half. Steam in mould placed in saucepan of hot water; let water come half way up mould; put mould in bottom of saucepan and cover with a greased paper, and then cover saucepan. Do not let water boil.

LEMON SHERBET

Six lemons, four eggs (the whites), two pints sugar. Make a thick syrup of one pint sugar and about one pint water; when cold, thin with the juice of six lemons, and water enough to make it a rich lemonade. When it is half frozen add boiled icing, made as follows: One pint sugar moistened with water, and boiled until it is a soft candy; whilst hot add the stiff beaten whites of four eggs. Flavor with vanilla and a little citric acid or cream tartar, and beat hard until thick and smooth, and add to the half frozen lemonade.

WINE JELLY

1 box gelatine.
1 pt. cold water.
1 cup sugar.
2 lemons.
2 eggs.
1 pt. hot water.
½ cup wine.
Wine glass whisky.

Soak gelatine for several hours in pint of cold water, grate the rinds of lemons, add with the juice of the lemons the

whites and shells of two eggs, hot water (not boiling), wine, whisky, some cinnamon and sugar and let all boil; skim and strain through flannel bag, add large cup sugar and remainder of wine and put in mould to cool.

LEMON JELLY

1 box gelatine.
1 pt. hot water.
½ pt. wine.
1 pt. sugar.
2 lemons, juice and rind.
Whites 3 eggs.

Soak gelatine for one hour in a pint of cold water, then add hot water, wine, sugar, lemons, juice and thinly pared rind. Boil for one-half a minute and strain. This with wine left out. Whites of three eggs (beaten to a stiff froth and stirred in before quite cold), and put in mould.

FRUIT JELLY

1 box gelatine.
1 cup sugar.
2 lemons.
½ pt. cold water.
1½ pts. boiling water.
Fruits:
Peaches, bananas, oranges, sliced.

Dissolve gelatine in one-half pint cold water, add sugar and lemon juice, with boiling water. Let this stand until the jelly begins to thicken, then pour a little into the mould: place on it a layer of peaches, cut any shape desired. Put in more jelly and fruit, alternately until the mould is filled. Place on ice to set and serve with whipped cream. Care should be taken to allow each layer of fruit and jelly to set before putting in another, so that the fruit will not fall together.

PRUNE JELLY

One pint of prunes, half a box of gelatine, sugar to taste, and a pinch of salt. Wash the prunes, then boil slowly till

soft in sufficient water to cover. Take out the stones, sweeten to taste; add essence of vanilla, or if preferred the juice and rind of a lemon, and the juice of two oranges. Soak the gelatine till soft, then add the above, stir all well together, and pour into a mould and let stand till it is very cold.

PRUNE JELLY

1 lb. prunes.
1 lb. sugar.
1 oz. gelatine.
1 orange.
1 lemon.
Whipped cream.

One pound of prunes, well washed, then covered with water and allowed to soak for six hours. Put on to boil in same water until tender; add sugar, and boil ten minutes; strain and remove stones. Take gelatine soaked in one cup of water. Put on stove juice from prunes equal to two and a half cupfuls; add juice of lemon and orange. When this commences to boil add gelatine and prunes. Turn into mould and serve when cold with whipped cream.

PRUNE JELLY

One pound of stewing prunes, wash well and leave them to soak about an hour. In the meantime put half a package of gelatine to soak, then take the prunes and put them on a saucepan on the fire, well covered with water and about half a cupful of sugar. Boil for about an hour. Strain the juice from the prunes, then add the gelatine to the juice and put on the fire to boil up. Cover the prunes with the juice and gelatine mixed, put in hot in a mould and leave till cold. Serve with whipped cream.

APPLE SPONGE

1 lb. apples.
½ oz. gelatine.
1 lb. sugar.
Juice of 2 lemons.
Rind of 1 lemon.
½ pt. boiling water.

Boil the water and sugar in a saucepan until dissolved. Peel and slice the apples thinly, and add to the syrup, and stew until tender. Add gelatine, and strain all through a sieve; add lemon juice and rind and beat until cool. Beat the whites of three eggs stiffly and add to the mixture, and beat all until cold. Put into a mould; serve with custard.

COMPOTE OF CHESTNUTS (FRANCATELLI)

50 chestnuts.	3 oranges.
1 qt. milk and water.	½ pt. cream.
12 oz. sugar.	Maraschino.

Oranges quartered and soaked in maraschino. Whipped cream. Remove husks and skin from the chestnuts, and boil gently in the milk and water until like floury potatoes, and strain them. Boil the sugar until it purls on the surface and flavor with vanilla bean; add the chestnuts and work all together vigorously, and rub through a potato masher on to a dish. Pile up whipped cream in the centre of a dish, and gently strew the chestnuts on top of the cream in a conical form; garnish with orange quarters at the base of the cream and nuts.

PRINCE OF WALES DESSERT

Take sponge cakes, stale preferred; dip in sherry or syrup and line a mould with them. Take three-quarters pound cornflour, one ounce arrowroot, and mix together; add one pint boiling milk and cook a few minutes; add one teaspoon vanilla and pour this into the lined basin. When cold turn out. Put a large spoonful of red currant jelly on the top, and sprinkle well with chopped pistachio nuts. This may be varied by putting the cakes soaked in raspberry juice or wine in a glass dish; fill as above over the top of this. When cold spread whipped cream; decorate with cherries

and chopped citron peel. Serve very cold and in the glass dish in which it was made. The latter looks very pretty when complete.

CARAMEL CUSTARD

One quart milk, yolks two eggs, one cup white sugar, two tablespoons cornstarch, one-half large cup of caramel. Stir all together carefully, cooking in a double boiler. Serve cold, with whipped cream.

To make the caramel.—Two cups white sugar, one-half cup water. Put on a hot fire in a frying-pan, and stir constantly until it burns a dark brown color and becomes liquid. Remove from the fire and add one-half large cup of boiling water. Set away when cool in a jar for use. Will keep for weeks.

PLUM SHAPE

Pour boiling water over a quart of plums, let them stand long enough to soften the skins, but not to break them open; pour off the water and when cool peel and remove the stones, taking care to save all the juice. Soak half a box of gelatine in a cup of cold water. Stew the plums until tender after adding a cup of water; sweeten to taste; then stir the whole while hot into the gelatine. Serve with whipped cream. Lemon juice or wine may be used with the water, if liked.

PHILADELPHIA ICE CREAM

One quart of cream, one small cup of sugar, one tablespoonful of vanilla. Mix sugar and flavoring with cream. When the sugar is dissolved strain into the freezer.

SPANISH CREAM

1 box gelatine.
1½ pts. milk.
3 eggs, beaten separately.
3 tablespoonfuls sugar.

Dissolve gelatine on top of kettle, boil milk; add gelatine, stirring it in quickly, then add yolks of eggs, beaten with sugar. When well scalded take off the fire and stir the whites in, well beaten; flavor to taste and put into mould.

BURNT CREAM

1 qt. milk.
4 tablespoonfuls cornstarch.
A few walnut meats.
1 lb. brown sugar.
½ pt. cream, whipped.

Boil milk, stir in cornstarch, add a few broken walnuts. Put in a saucepan one pound of brown sugar, let it brown as dark as possible, then add the milk; after the milk is thick beat well together and turn into a mould. Decorate with half walnuts around, or solitaire moulds with a half walnut on top, whipped cream around dish.

APPLE CHARLOTTE

½ lb. breadcrumbs.
1 lb. apples.
2 oz. suet, chopped.
¼ lb. brown sugar.
1 grated rind of lemon.

Butter a pie dish and sprinkle it with sugar. Mix suet and bread-crumbs together, put a layer of apple in small pieces, sugar and rind of lemon, then suet and crumbs; repeat until dish is full. Bake thirty or forty minutes. Turn out.

GINGER CREAM

Make a custard of a gill of milk, one ounce of sugar, the beaten yolks of three eggs. Stir in a double boiler until thick, let it cool, then add one gill of the syrup from the jar of preserved ginger, and two ounces of the ginger cut up; add three-quarters ounce, full weight, of gelatine melted in as little water as possible. Last of all add one-half pint of

whipped cream. Mix gently until well blended, pour into a mould and set on ice.

RICH CHOCOLATE TORTE (GERMAN)

½ lb. chocolate.
½ lb. pounded almonds.
½ lb. sugar.
Yolks of 7 eggs.
Bread or cracker crumbs.

Beat yolks very light with sugar, add chocolate, melted, almonds pounded, and last the whites of eggs beaten very stiff. Butter a flat shallow pan with unsalted butter, and sift in finely rolled cracker or bread crumbs. Pour in the mixture and cook half an hour in a moderate oven. Must be cut while hot into cubes. Will keep well for weeks.

WRITTEN RECIPES

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PASTRY, PIES AND TARTS

Use the very best materials in making pastry; the shortening should be fresh, sweet, and hard; the water cold (ice water is best), the paste rolled on a cold board, and all handled as little as possible.

When the crust is made, it makes it much more flaky and puff much more to put it in a dish covered with a cloth, and set in a very cold place for half an hour, or even an hour; in summer, it could be placed in the ice box.

A great improvement is made in pie-crust by the addition of about a heaping teaspoonful of baking-powder to a quart of flour, also brushing the paste as often as rolled out, and the pieces of butter placed thereon, with the white of an egg, assist it to rise in leaves or flakes. As this is the great beauty of puff-paste, it is as well for housekeepers to try this method.

If currants are to be used in pies, they should be carefully picked over, and washed in several waters, dried in a towel, and dredged with flour before they are suitable for use.

Raisins, and all dried fruits for pies and cakes, should be seeded, stoned, and dredged with flour, before using in cooking.

Almonds should be blanched by pouring boiling water upon them, and then slipping the skin off with the fingers. In pounding them, always add a little rose or orange water, with fine sugar, to prevent their becoming oily.

Great care is requisite in heating an oven for baking pastry. If you can hold your hand in the heated oven while you count twenty, the oven has just the proper temperature, and

it should be kept at this temperature as long as the pastry is in; this heat will bake to a light brown, and will give the pastry a fresh and flaky appearance. If you suffer the heat to abate, the under crust will become heavy and clammy, and the upper crust will fall in.

Another good way to ascertain when the oven is heated to the proper degree for puff-paste; put a small piece of the paste in previous to baking the whole, and then the heat can thus be judged of.

Pie-crust can be kept a week, and the last be better than the first, if put in a tightly covered dish, and set in the ice-chest in summer, and in a cool place in winter, and thus you can make a fresh pie every day with little trouble.

In baking custard, pumpkin or squash pies, it is well, in order that the mixture may not be absorbed by the paste, to first partly bake the paste before adding it, and when stewed fruit is used the filling should be perfectly cool when put in, or it will make the bottom crust sodden.

PLAIN PASTRY FOR PIES

1 qt. flour.
1 cupful butter.
1 cupful cold water.
1 teaspoonful salt.
(Half butter and half lard or cottolene will do.)

This quantity gives enough for three or four pies. Cottolene makes good pastry. The shortening may be mixed, but the flavor is better where butter alone is used. The richness of pastry depends upon the amount of shortening used.

Sift the salt and flour together, reserving a little flour for the board. With a knife, cut the butter into the flour. Add the water a little at a time, and mix it in lightly with the knife; turn it on to the board, and roll it twice—that is, after it is rolled out once, fold it together and roll it again. If the paste is wanted richer for the top crust, put bits of butter over the paste when rolled; fold and roll it again several

times. Fold the paste, and put it in the ice-box for an hour before using, keeping it covered. In making pastry everything should be cold, the handling light, and the hands used as little as possible. Paste will keep several days in a cool place, but should be rolled in a napkin, so it will not dry and form a crust.

To Put a Pie Together.—Roll the paste one-eighth inch thick, and a little larger than the tin. Dust the pan with flour; place the paste on it, letting it shrink all it will. Lift it from the sides to fit into place, and press it as little as possible. Cut a narrow strip of paste, and lay around the edge; moisten it so it will stick. Brush the top of the bottom crust with white of egg, so the filling will not soak in and make it heavy. Put in the filling, and cover with another sheet of pastry. Moisten the top of the strip of pastry so the top crust will adhere to it; this gives three layers around the edge. Trim and press them lightly together. Cut several slits in the top crust to let the steam escape in cooking.

A thin piece of paste cut into fancy shape can be placed in the centre for ornament if desired.

PASTRY FOR TARTS OR OPEN PIES

2 cups flour.
¾ cupful butter.
½ teaspoonful salt.
1 tablespoonful sugar.
Yolks of 2 eggs.
Water.

Sift the flour, salt, and sugar together. Cut in the butter as directed above. Mix in the beaten yolks, then enough water to make a paste which is not very stiff; roll it two or three times, then wrap it in a cloth, or cover it closely, and put it in the ice-box for an hour. This gives enough paste for four small tarts.

ICING FOR PASTRY

To ice pastry, which is the usual method adopted for fruit tarts and sweet dishes of pastry, put the white of an egg on

a plate, and with the blade of a knife beat to a stiff froth. When the pastry is nearly baked, brush it over with this, and sift over some pounded sugar; put it back into the oven to set the glaze, and in a few minutes it will be done. Great care should be taken that the paste does not catch or burn in the oven, which it is very liable to do after the icing is laid on.

Or make a meringue by adding a tablespoonful of white sugar to the beaten white of one egg. Spread over the top, and slightly brown in the oven.

LEMON PIE AND TARTS

2 lemons.
2 eggs.
2 tablespoonfuls cornstarch.
2 cups sugar, scant.
Butter size of egg.
1¼ cups water.

Grate the rind and squeeze the juice of the lemons; beat eggs light and melt the butter. Mix all together. Make a puff paste and line the tins with the pastry. Brush over with the white of an egg and fill with the lemon mixture and bake.

MINCE MEAT FOR PIES

5 lbs. beef.
3 lbs. suet.
3 lbs. raisins.
3 lbs. currants.
½ pk. apples.
1 cup molasses.
1 cup beef liquor.
1 pt. brandy.
1 tablespoonful salt.
2 lbs. sugar.
1 dessertspoonful each cinnamon, cloves, ginger, allspice.

Chop beef, suet, apples, raisins, add spices and mix well; then add liquid ingredients.

Cook for four or five hours on back of stove.

OLD COUNTRY MINCE MEAT

2 lbs. raisins.
3 lbs. currants.
1½ lbs. lean, chopped beef.
3 lbs. beef suet, chopped.
2 lbs. brown sugar.
6 oz. mixed candied peel.
1 small nutmeg.
2 lbs. apples.
2 lemons, juice of one and rind of two.
½ pt. brandy.

Stone the raisins and chop; wash the currants and dry; slice the peel thinly, grate the nutmeg, pare, core, and mince the apples, peel lemon and strain the juice. Get all your dry ingredients, including of course the beef (uncooked) and suet, well mixed; add the lemon-juice and brandy last, and press the mixture into a jar that will exclude the air. Set away for a fortnight before using.

MINCE MEAT (WITH BEEF)

2 lbs. boiled beef (chopped).
2 lbs. beef suet.
4 lbs. apples.
2 lbs. raisins.
2 lbs. currants.
1 teaspoonful salt.
2 oranges, large.
2 lbs. powdered sugar.
1 qt. whisky.
1 wineglass rose water.
2 grated nutmegs.
½ oz. cinnamon.
¼ oz. each cloves and mace.
½ lb. citron, sliced.

Chop beef, suet, oranges, apples. Add spices, then liquids and cook 3 or 4 hours, slowly. Keep in jars tightly covered and set in a dry, cool place.

MINCE MEAT IN 1812

1 lb. chopped suet.
1 lb. chopped beef.
1 qt. apple cider.
1 pt. molasses.
1 pt. preserved grapes.
1 lb. brown sugar.
1 teacupful brandy.
2 lbs. sultana raisins.
2 lbs. currants.
½ lb. citron or lemon peel.
Allspice, cinnamon, and cloves to taste.

Simmer for half a day on the back of the stove till thoroughly cooked. Put in a cool place in an earthen jar. If a very moist mince meat is preferred, add cider to each pie when baking; have crust very short.

MINCE MEAT (WITHOUT BEEF)

1 lb. chopped suet.
2 lbs. seeded raisins.
2 lbs. currants.
2 lbs. apples.
2½ lbs. sugar.
2 nutmegs grated.
1 teaspoonful salt.
1 teaspoonful each powdered mace and ginger.
4 lemons boiled (with seeds removed).
Grated yellow rind of 2 raw lemons.
½ lb. citron.
½ lb. orange.
½ pt. sherry.
½ pt. brandy.

Mix all together, then stir in well half sherry and brandy. Cook several hours.

MINCE MEAT

4 lbs. raw beef, chopped.
6 lbs. suet, chopped.
1 pk. sour apples.
6 lbs. brown sugar.
4 lbs. seeded raisins.
Spices to taste.
2 lbs. currants.
¾ lb. citron.
1 tablespoonful salt.
6 lemons, juice.
Pulp and peel of 2 lemons.

Can be kept a year.

SWEET POTATO CUSTARD PIE

1 pt. mashed sweet potato.
1 teacup sweet milk.
Yolks of 4 eggs.
½ cup butter.
1 cup sugar.
A little nutmeg or cinnamon.

Cream sugar and butter together, mix with potatoes, flavor with nutmeg or cinnamon. Add beaten yolks and milk.

Beat the whites to a stiff froth and stir in, pour in pie-pan lined with crust and bake quickly.

LEMON FILLING FOR TARTS, CAKES, ETC.

1 cup sugar.
1 egg.
Grated rind and juice of 1 lemon.
1 cup boiling water.
1 dessertspoonful cornstarch.

Beat sugar and egg to a cream, add rind and juice of lemon, previously prepared, also cornstarch, and blend thoroughly. Then pour in slowly cup of water, which must be boiling. Put on the fire in a double saucepan and allow it to simmer for ten minutes. The filling is then ready for use. Orange may be used instead of lemon.

LEMON PIE

1 lemon, grated.
1½ tablespoonfuls cornstarch.
¾ cupful sugar.
Butter size of egg.
1 cup hot water.
Yolks of 2 eggs.

Cook in double boiler, let it cool a little, then put in yolks last, after the other ingredients are well cooked. To prepare the lemon, grate off the outside, taking care to get only the yellow (the white is bitter), then squeeze out the juice. Bake your pie crust first, then add lemon filling; keep the whites for the meringue. Whip up the whites stiff, add a little pulverized sugar, then spread on top of pie, and put in the oven for a few minutes.

PIE CRUST

Three cups flour sifted with two teaspoonfuls baking powder, one teaspoonful of salt, two cups of lard, one cup water.

CREAM PIE

1 cup sweet milk.
1 small cup sugar.
Yolks of 3 eggs.
Butter size of egg.
1 tablespoonful flour.

Boil until it thickens, stirring constantly. Then fill the shell (which has previously been baked) with the mixture, and ice with the whites of eggs. Place in oven a few minutes until icing begins to brown.

MARTHA WASHINGTON PIE

4 oz. blanched almonds.
4 oz. powdered sugar.
2 eggs.
2 oz. macaroons.
2 oz. melted butter.
½ gill rum.
½ saltspoonful ground cinnamon.
6 drops orange flower water.

Pound almonds in a mortar with two ounces of powdered sugar, adding gradually one raw egg. When well pounded add two ounces more of sugar, melted butter, rum, ground cinnamon, orange flower water and break in another egg. Pound for five minutes and add well-pounded macaroons. Line a pie plate with good paste, pour in the preparation and bake; decorate with candied fruits.

TARTS

(Apricot, Plum, Apple, Berry.)

Roll the paste one-eighth of an inch thick, lay it on a deep pie-dish; let it shrink all it will, and use as little pressure as possible in fitting it to the tin. Cut the paste an inch larger than the dish, and fold it under, giving a high twisted edge. Prick the paste on the bottom in several places with a fork. Lay over it a thin paper, and fill the tart with rice, dried peas, beans, cornmeal, or any dry material convenient.

Brush the edge with egg, and bake it in a moderate oven. When done remove the rice, or other filling, and the paper. Brush the bottom with white of egg. This will insure a dry under crust. If apricots or peaches are to be used, peel and cut them in halves, lay them evenly over the tart with the centre side up.

Place the half of a blanched almond in each one to represent the pit. Put the juice of the fruit into a saucepan on the fire; if there is no juice use a cupful of water. Sweeten to taste, and when it boils add to each cupful of juice one teaspoonful of arrowroot dissolved in a little cold water, and let it cook until clear; then pour it around the fruit, but not over it, as the fruit should lie on top and show its form. Place in the oven only long enough to cook the fruit tender. If canned fruit is used, cook the juice and arrowroot until a little thickened and clear; then pour it around the fruit, and let cool. It will not need to be put in the oven.

When plums or cherries are used, remove the pits carefully, and place the fruit close together, with the whole side up. For apple tarts, cut the apples in even quarters or eighths; stew them in sweetened water, with a little lemon juice added, until tender. Lay them overlapping in even rows or circles in the tart. To a cupful of water in which the apples were stewed add a teaspoonful of arrowroot, and cook until clear; pour it over the apples, sprinkle with sugar, nutmeg, and cinnamon. With berries, the fruit may be stewed or not before being placed in the tart; then strips of paste are laid across it, like lattice-work, and the paste brushed with egg. Bake long enough to cook the fruit and the strips of paste. When cold place a fresh berry on each piece of crust where it crosses; or place a drop of meringue on the crusts, and the berries in the openings.

The California canned fruits make very good pies. One can of fruit will make two pies. Tart-rings are better to

use than pie-tins, as the sides are straight. Place them on a baking-sheet, or tin, before lining them with pastry.

ORANGE PIE

Juice and grated yellow rind of 1 orange.
⅔ cupful milk
3 eggs.
1 cupful sugar.
1 tablespoonful flour.
½ saltspoonful salt.

Beat the yolks and the sugar together; add the flour, the milk, and the grated rind and juice of the orange. Place it on the fire in a double boiler, and stir until it is a little thickened; then pour it into an open or tart pie, and bake thirty minutes. The crust of the pie should be brushed with white of egg before adding the thickened mixture. The tart crust may be first baked, as directed above, if preferred. Cover the top with meringue made with the whites of the eggs and sweetened with three tablespoonfuls of sugar. Pile it on irregularly, or press it through a pastry-bag into fancy shapes. Place it in the oven a moment to brown. A little more flour may be used if the pie is wanted more solid.

PLAIN APPLE PIE

Fill a pie with apples sliced thin, using enough to make the pie at least an inch thick when done. Add a little water to the apples, and cover with a top crust, which is a little richer than the under one. This is done by rolling out a part of the same paste, covering it with bits of butter, folding it together, and rolling it again, repeating the operation two or three times. Cut a few slits in the paste to let out the steam while cooking. Brush the top with beaten yolk of egg. When the pie is baked, and while it is still hot, lift off carefully the top crust; add sugar, nutmeg, and a little

butter, and mix them well with the apples. Replace the top crust, and dust it with powdered sugar. Apple pies seasoned in this way are better than when seasoned before being baked.

PUMPKIN PIE

2½ cups pumpkin, cooked.
2 cupfuls milk.
2 eggs.
1 tablespoonful molasses.
1 teaspoonful each salt, butter, cinnamon and ginger.
Sugar to taste.

To pulp add milk, salt, butter, cinnamon, and ginger, molasses, eggs, and sugar. Add the beaten eggs last and after the mixture is cold. Pour it into an open crust and bake slowly forty to fifty minutes. Squash pies are made in the same way, but are not the same in flavor, although they are often given the name of pumpkin pies.

CREAM PIE

3 eggs.
1 cupful sugar.
1 teaspoonful baking powder.
1 cupful flour.
Cream for filling:
2½ cups milk.
2 tablespoonfuls flour.
¾ cupful sugar.
1 egg.
1 teaspoonful vanilla.

Sift the flour and baking powder together; beat the yolks and sugar together; add the flour and lastly the whipped whites of the eggs. Bake this cake mixture in two layers, and place between them when cold, and just before serving, a thick layer of whipped cream. Have the top piece covered with a boiled icing, or use between the cakes a cream filling made as follows:

Cream for Filling.—Scald the milk; turn it on to the beaten egg; return it to the fire; add the flour moistened with a little milk, and the sugar, and stir until thickened.

Let it cool before adding it to the cake. Serve with whipped cream if desired.

COCOANUT PIE

1 pt. milk.
3 eggs, yolks.
½ grated cocoanut.
3 tablespoonfuls sugar.
2 tablespoonfuls cornstarch.
1 teaspoonful vanilla.

Line a tin basin which is two inches deep with pie paste, and bake it. Scald the milk and turn it on to the yolks and sugar beaten together; return it to the fire; add the cornstarch moistened with cold milk, and stir until well thickened; add vanilla, and the whites of two eggs whipped to a froth; cook one minute to set the egg, then remove, and when nearly cold and stiffened stir in the cocoanut. Brush the bottom of the baked pie-crust with white of egg; cover it with a thin layer of grated cocoanut and turn in the thickened custard. Cover the top with meringue made with the white of one egg. Return it to the oven one minute to color the meringue. Let the pie stand long enough to get firm and cold before serving. If the grated cocoanut is not added until the custard has stiffened, it will not sink to the bottom.

CRANBERRY PIE

Chop one cupful of cranberries and a half cupful of seeded raisins together into small pieces; add to them a cupful of sugar, a half cupful of water, a tablespoonful of flour, and a teaspoonful of vanilla. Bake with an upper and under crust. This resembles cherry pie.

LENT PIES

Two tablespoons of ground rice to one pint of new milk, add five eggs and sweeten to taste, flavoring with two bay leaves. Cover pie plates with a good crust, pour in mixture and bake.

LEMON FILLING FOR PIE

One lemon, juice and rind grated; yolks of two eggs, one cup of water, one cup of sugar, one heaping teaspoonful of cornstarch. Put in a double boiler and boil thick. Save the whites for top.

PUMPKIN PIE

6 cups cooked pumpkin.
3 eggs.
2 cups sugar.
½ cup molasses.
2 finely rolled crackers.
1 teaspoonful ginger.
½ nutmeg.
Cinnamon and salt to taste.

Put pumpkin in a pan with eggs, sugar, molasses (maple preferred), crackers, ginger, nutmeg, cinnamon and salt; stir well, add enough rich milk to thin. Bake in pastry shape.

PUMPKIN PIE

Three-quarters cupful of pumpkin (well mashed), one and a half cupfuls of milk, half cupful of sugar, one egg, half a teaspoonful of ginger, nutmeg, cinnamon and cloves.

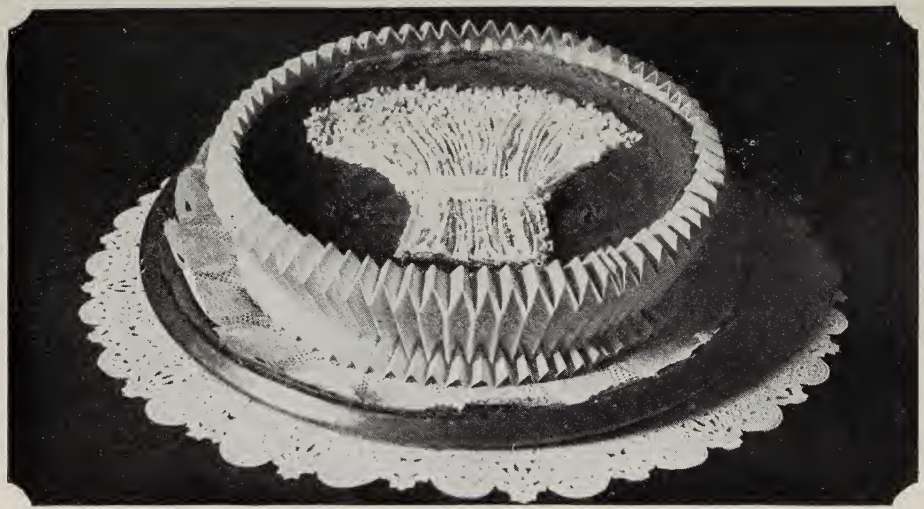
WALDORF PUMPKIN PIE

3 pts. pumpkin pulp.
2 tablespoonfuls flour.
4 eggs.
1 lb. sugar.
1 tablespoonful ginger.
1 teaspoonful salt.
2 qts. milk.

Cook all together until well thickened; meanwhile make crust and line pie dish. Bake in a moderate oven one hour.

PIE CRUST

One-half pound flour, one-half pound butter, one-quarter pint cold water, yolk of one egg, juice of one-half lemon. Sift the flour thoroughly, then add a pinch of salt and two ounces of butter. Mix the yolk of egg and lemon juice with



PUMPKIN PIE

the water and mix the flour into a paste with this, stirring with a silver fork, turn it on a board, roll it out one-half inch thick, put three ounces of butter on, fold it over and roll out three times. Line the patty tins thinly with this and put in a cool place till wanted; roll out the remainder of the paste, put the last three ounces of butter on it, and roll out five times, let it stand one-half an hour. Fill the patty tins with mincemeat, roll the paste out as thin as possible, wet the edges of the paste in pans and cover each pie with three folds of paste. Bake in a quick oven for about twenty minutes.

CREAM PUFFS

Half a cup of butter melted in one cup of hot water, put on the stove to boil; while boiling add one cup of flour. Take off and let cool; when cold stir in three eggs one after the other without beating; drop on buttered tins and bake thirty minutes.

Filling for the above.—One cup of milk, one egg, half a cup of sugar. Thicken with two small tablespoonfuls of cornstarch, and flavor with vanilla; add a small lump of butter.

CHEESE TARTLETS

Make a paste of one ounce butter, two ounces flour, one yolk of an egg, a little water and salt; line some patty pans, beat up two ounces grated cheese in a basin with yolks of two eggs, add pepper, salt, etc.; work in a little cream or milk; fill each patty with mixture and bake in moderate oven.

CHEESE PIE

Prepare crust for custard pie, then fill crust half full of cheese shaved very fine, pour over this a custard made as follows:—One large cup milk, two eggs, one tablespoon melted butter. Bake in a very hot oven.

WRITTEN RECIPES

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WRITTEN RECIPES

CAKES

SUGGESTIONS IN REGARD TO CAKE MAKING

Use none but the best materials, and all the ingredients should be properly prepared before commencing to mix any of them. Eggs beat up much lighter and sooner by being placed in a cold place some time before using them; a small pinch of soda sometimes has the same effect. Flour should always be sifted before using it. Cream of tartar or baking-powder should be thoroughly mixed with the flour; butter be placed where it will become moderately soft, but not melted in the least, or the cake will be sodden and heavy. Sugar should be rolled and sifted; spices ground or pounded; raisins or any other fruit looked over and prepared; currants, especially, should be nicely washed, picked, dried in a cloth, and then carefully examined, that no pieces of grit or stone may be left amongst them. They should then be laid on a dish before the fire to become thoroughly dry; as, if added damp to the other ingredients, cakes will be liable to be heavy.

Eggs should be well beaten, the whites and yolks separately, the yolks to a thick cream, the whites until they are a stiff froth. Always stir the butter and sugar to a cream, then add the beaten yolks, then the milk, the flavoring, then the beaten whites, and lastly the flour. If fruit is to be used, measure and dredge with a little sifted flour, stir in gradually and thoroughly.

Pour all in well-buttered cake-pans. While the cake is baking, care should be taken that no cold air enters the oven,

only when necessary to see that the cake is baking properly; the oven should be an even, moderate heat, not too cold or too hot; much depends on this for success.

Cake is often spoiled by being looked at too often when first put into the oven. The heat should be tested before the cake is put in, which can be done by throwing on the floor of the oven a tablespoonful of new flour. If the flour takes fire, or assumes a dark-brown color, the temperature is too high, and the oven must be allowed to cool; if the flour remains white after the lapse of a few seconds, the temperature is too low. When the oven is of the proper temperature, the flour will slightly brown and look slightly scorched.

Another good way to test the heat, is to drop a few spoonfuls of the cake batter on a small piece of buttered letter-paper, and place it in the oven during the finishing of the cake, so that the piece will be baked before putting in the whole cake; if the little drop of cake-batter bakes evenly without burning around the edge, it will be safe to put the whole cake in the oven. Then again if the oven seems too hot, fold a thick brown paper double, and lay on the bottom of the oven; then after the cake has risen, put a thick brown paper over the top, or butter well a thick white paper and lay carefully over the top.

If, after the cake is put in, it seems to bake too fast, put a brown paper loosely over the top of the pan, care being taken that it does not touch the cake, and do not open the door for five minutes at least; the cake should then be quickly examined, and the door shut carefully, or the rush of cold air will cause it to fall. Setting a small dish of hot water in the oven, will also prevent the cake from scorching.

To ascertain when the cake is done, run a broom straw into the middle of it; if it comes out clean and smooth, the cake will do to take out.

Where the recipe calls for baking-powder, and you have none, you can use cream tartar and soda in proportion to one

level teaspoonful of soda, two heaping teaspoonfuls of cream tartar.

When sour milk is called for in the recipe, use only soda. Cakes made with molasses burn much more easily than those made with sugar.

Never stir cake after the butter and sugar is creamed, but beat it down from the bottom, up, and over; this laps air into the cake-batter, and produces little air cells, which causes the dough to puff and swell when it comes in contact with the heat while cooking.

When making most cakes, especially sponge cake, the flour should be added by degrees, stirred very slowly and lightly, for if stirred hard and fast it will make it porous and tough.

Cakes should be kept in tight tin cake-pans, or earthen jars, in a cool, dry place.

Cookies, jumbles, ginger-snaps, etc., require a quick oven; if they become moist or soft by keeping, put again into the oven a few minutes.

To remove a cake from a tin after it is baked, so that it will not crack, break or fall, first butter the tin well all around the sides and bottom; then cut a piece of letter-paper to exactly fit the tin, butter that on both sides, placing it smoothly on the bottom and sides of the tin. When done, let it stand a few minutes, and then it will come out easily.

If a cake-pan is too shallow for holding the quantity of cake to be baked, for fear of its being so light as to rise above the pan, that can be remedied by thoroughly greasing a piece of thick glazed letter-paper with soft butter. Place or fit it around the sides of the buttered tin, allowing it to reach an inch or more above the top. If the oven heat is moderate, the butter will preserve the paper from burning.

FROSTING OR ICING

In the first place, the eggs should be cold, and the platter on which they are to be beaten also cold. Allow, for the

white of one egg, one small teacupful of powdered sugar. Break the eggs and throw a small handful of the sugar on them as soon as you begin beating; keep adding it at intervals until it is all used up. The eggs must not be beaten until the sugar has been added in this way, which gives a smooth, tender frosting, and one that will dry much sooner than the old way.

Spread with a broad knife evenly over the cake, and if it seems too thin, beat in a little more sugar. Cover the cake with two coats, the second after the first has become dry, or nearly so. If the icing gets too dry or stiff before the last coat is needed, it can be thinned sufficiently with a little water, enough to make it work smoothly.

A little lemon-juice, or half a teaspoonful of tartaric acid, added to the frosting while being beaten, makes it white and more frothy.

The flavors mostly used are lemon, vanilla, almond, rose, chocolate, and orange. If you wish to ornament with figures or flowers, make up rather more icing, keep about one-third out until that on the cake is dried; then, with a clean, glass syringe, apply it in such forms as you desire and dry as before; what you keep out to ornament with may be tinted pink with cochineal, blue with indigo, yellow with saffron or the grated rind of an orange strained through a cloth, green with spinach juice, and brown with chocolate, purple with cochineal and indigo. Strawberry, or currant and cranberry juices color a delicate pink.

Set the cake in a cool oven with the door open, to dry, or in a draught in an open window.

PLUM CAKE

One pound flour, one pound butter, one pound sugar, one pound raisins, two pounds currants, six eggs, candied peel and spice, cup of sour milk, one teaspoonful of soda, tablespoonful molasses.

KISSES

Whites of three eggs beaten stiff, one cup of sugar, one tablespoonful of cornstarch. Remove the lid of the kettle, set the bowl in the kettle and stir fifteen minutes. Add two cups of cocoanut; drop on buttered paper. Slow oven.

RASPBERRY CAKE

Three-quarters of a cup of sugar, one-half cup butter, one cup preserved raspberries, three eggs, one teaspoonful baking soda, two cups flour or a little more.

PLUM CAKE

2 lbs. raisins.
2 lbs. currants.
1 lb. brown sugar.
½ lb. blanched almonds.
¼ lb. citron, sliced.
½ teaspoonful soda.
¼ lb. lemon peel.
1 teacup molasses.
½ lb. butter.
6 eggs.
½ cupful milk.
Cloves, cinnamon and nutmeg to taste.

Put soda in the last thing. Flour to make it stiff enough not to run. Brown the flour on the stove; it must be sifted before using. Bake in a very slow oven.

COCOANUT PUFFS

Whites of 3 eggs.
1 cup sugar.
1 tablespoonful cornstarch.
Vanilla.
Cocoanut enough to make stiff.

Beat whites of eggs very light and stiff, add sugar and cornstarch dissolved in a very little water and stirred into the eggs and sugar. Put on a double boiler and cook over water (boiling) for about twenty or twenty-five minutes. Stir occasionally to prevent sticking. Then add cocoanut enough

to stand up well when dropped on buttered tins. It takes one-half a pound or a little more for this recipe. Flavor with vanilla and drop on tins, and bake eight or ten minutes in a moderate oven.

SPONGE CAKE

12 eggs.
14 oz. sugar.
10 oz. sifted flour.
1 tablespoonful vinegar.
1 teaspoonful lemon extract.
A pinch of salt.

Beat the eggs and sugar over a kettle of boiling water for some time (do not let it scald); then take off and beat in all twenty minutes. Then stir in the sifted flour, a very little at a time, and add vinegar, a pinch of salt and lemon essence. Have ready a tin, well buttered and sprinkled with sugar. Pour in the mixture, sprinkle sugar over the top and bake in a moderate oven forty minutes.

LEMON JELLY FILLING FOR CAKES

One cup sugar, two eggs, two tablespoons butter, the juice of two lemons. Beat all together and boil until of the consistency of jelly.

SPONGE CAKE

Four eggs, one cup flour, one cup sugar, one teaspoon baking powder, pinch salt, one teaspoon of vanilla.

SOFT GINGERBREAD

One cup butter, two cups sugar, one cup sour milk, one cup molasses, four eggs, three cups flour, pinch salt, one tablespoon ginger, one teaspoon soda.

SPONGE CAKE

Four eggs, one cup flour, one cup sugar, one and one-half teaspoons baking powder. Beat whites and yolks separate,

add sugar to whites, then yolks, flour, and baking powder. Mix quickly.

CHOCOLATE GLACE

½ cup butter.
1 cup sugar.
1 square chocolate.
2 eggs.
½ cupful milk.
1½ cupfuls flour.
2 teaspoonfuls baking-powder.

Beat butter to a cream, and gradually work into this one cup sugar. Add chocolate, melted, and unbeaten eggs. Beat vigorously five minutes, then stir in milk, and, lastly, the flour, with which has been mixed two teaspoons of baking powder. Bake in a buttered, shallow cake-pan for half an hour in a moderate oven. Ice first with white icing, flavored with orange juice, and when this is set, with thick chocolate icing.

FRUIT CAKE

¾ lb. melted butter.
½ lb. brown sugar or white sugar.
¾ cup scalding milk.
1 lb. flour.
½ nutmeg, grated.
½ lb. currants.
½ lb. raisins and candied peel mixed.
1 small teaspoonful soda.

Mix well-melted butter with sugar, add scalding milk, grate one-half a nutmeg. Next stir in well the sifted flour, currants, raisins and candied peel, then add soda wet with boiling water; butter the pans, put a piece of buttered paper in bottom of pans; this will make two good sized round cakes; bake for one and one-half hours in a moderately hot oven.

PEEL AND RAISIN CAKE

Three cups sugar, one and one-half cups butter, five cups flour, one cup sweet milk, four eggs, two teaspoons baking powder, one small basin raisins and a cup of citron peel.

LEMON CHEESE CAKE

1 lb. lump sugar.
6 eggs (yolks).
Whites of 2 eggs.
Juice of 3 lemons.
Rind of 2, grated.
¼ lb. butter.

Mix all together in double boiler and stir gently over a fire until the mixture becomes thick; put away in a bowl or crock and it will keep for weeks. Make a nice light paste and line little patty pans with it, and put a teaspoonful of the mixture into each; bake in a hot oven.

SPONGE CAKE

4 eggs, keep out 1 white.
1 cup sugar.
1 cup sifted flour.
1 teaspoonful vinegar.
2 teaspoonfuls baking-powder.
2 tablespoonfuls cold water.

Mix eggs and sugar together, put baking powder in flour, beat well, make icing with white of one egg; one cup icing sugar, juice of lemon or essence.

ALMOND CAKE

2 cups butter.
2 cups sugar.
4 cups flour.
1 cup chopped almonds.
2 cups raisins.
8 eggs.
2 teaspoonfuls ratafia.
2 teaspoonfuls vanilla.
2 teaspoonfuls baking-powder.

This makes two cakes. Add the flour and baking powder mixed last of all.

TREACLE SPONGE

Six ounces bread crumbs, four ounces suet (a little salt), one egg, one tablespoonful baking powder, two tablespoonfuls golden syrup; when steamed, pour syrup over as sauce.

APPLE SHORT CAKE

Apple sauce seasoned with a little butter, and pinch of salt. Short Cake:—One pint of flour sifted with two teaspoonfuls baking powder, add a little salt. Rub butter half size of an egg into the flour, and mix into a soft dough with one coffee-cup sweet milk. Divide dough into two parts, roll out one-half, put in pan; brush surface with melted butter. Roll out the rest and put on top. Bake in very hot oven. Divide, butter, and spread with sauce. Serve with cream.

MALAGA FROSTING FOR CAKE

Put one cup of seeded and chopped raisins into boiled frosting.

CHOCOLATE CAKE

(Premium World's Fair.)

3 eggs.
1 slice of butter, one inch thick, off a print.
1 cup sugar.
1 cup milk.
5 heaping tablespoonfuls chocolate.
3 tablespoonfuls sugar.
2 tablespoonfuls milk.
} melted in saucepan together.
2 cups flour.
2 heaping teaspoonfuls baking powder.
1 teaspoonful vanilla.

Cream butter and sugar together, add the beaten yolks of eggs; then add the above melted mixture; then the flour, which must be sifted five times, with the baking powder in it. Add alternately with the milk until both are used up. Then the vanilla, and lastly the beaten whites of the eggs. This can be baked in one good-sized tin as a loaf, or made into three layers, when the following filling is used: One pint cream whipped very stiff, sugar to taste and flavor with

CHOCOLATE CAKE

one teaspoonful coffee extract. No other flavoring goes with this cake. Put a layer of chopped walnuts, then the cream, between the layers, and on top. Bake in a medium oven. The kind of chocolate used is Thirardelli's. It is grated and comes in cans.

CLOVE CAKE

2 eggs.
1 cup brown sugar.
½ cup butter.
¾ cup chopped raisins.
¼ cup sweet milk.
1½ cups flour.
½ teaspoonful soda.
1 teaspoonful ground cloves.

Cream butter and sugar; drop the eggs in (not beaten), add soda to the milk, then part of the flour, then the fruit and the rest of the flour.

SHORTBREAD

1 lb. butter.
2 lbs. flour.
2 teaspoonfuls baking powder.
¼ lb. brown sugar.

Beat butter to cream and dredge in flour and sugar gradually. Must be well beaten. Roll out an inch thick. Pinch edge all around; prick with a fork; cut in small pieces.

CHOCOLATE CAKE

½ cup butter.
1 cup sugar.
1 oz. chocolate, melted.
2 eggs.
½ cup milk.
1½ cups flour.
1 teaspoonful baking powder.
Vanilla flavoring.

Beat butter to a cream and gradually beat into this one cupful of sugar, chocolate melted, also two unbeaten eggs.

Beat vigorously for five minutes, then stir in milk, flour, with a generous teaspoonful of baking powder, flavor with vanilla; pour into a buttered shallow cake-pan and bake for half an hour in a moderate oven. Any frosting can be used.

SPONGE CAKE

Four eggs, one cupful of fine white sugar, one cupful of flour, lemon flavoring. Beat yolks and whites separately, add half the sugar to yolks and half to whites and beat well, then beat both together, stir in flour, bake in slow oven.

CHOCOLATE SPONGE

2 eggs.
½ cup sugar.
1½ teaspoonfuls milk.
1½ teaspoonfuls grated chocolate.
1 teaspoonful baking powder.
½ cup flour.

Beat the yolks of the eggs with the sugar, add the grated chocolate and milk by turns; put the baking powder into the flour and add them to the mixture, and lastly the beaten whites of the eggs. Steam an hour and a quarter. Serve with whipped cream.

JAM CAKES

1 cup butter.
1 egg.
½ cup brown sugar.
½ cup molasses.
3 teaspoonfuls soda dissolved in 3 tablespoonfuls boiling water.
Flour to make stiff dough.

Roll thin; cut with cookie-cutter; when cooked and while hot spread with any kind of jelly and stick two together.

COOKIES

One cup of butter and lard mixed, one cup brown sugar, two eggs, one and a half teaspoons baking powder, flour enough to roll. Bake in quick oven.

DATE CAKE

2 cups rolled oats.
2½ cups flour.
1 cup brown sugar.
½ cup butter.
½ cup lard.
½ cup sour milk.
1 teaspoonful soda.
Filling:
1 lb. dates.
1 cup brown sugar.
1 cup hot water.

Filling.—Roll paste out quite thin, spread date filling between two layers and cook together, and let cool.

LAYER CAKE

Small cup of sugar. Butter the size of an egg. Beat together into a cream; add three tablespoons milk; three eggs (the yolks and whites beaten separately); two teaspoons baking powder; full cup flour; flavoring to taste; medium oven.

OATMEAL COOKIES

Three cups oatmeal, three cups flour, one cup boiling water, one cup melted lard, one scant teaspoon soda, one cup sugar. Roll very thin. These are a general favorite.

DROP COOKIES

1 cup sugar.
½ cup butter.
1 cup milk.
Whites of 2 eggs.
2 teaspoonfuls baking powder.
½ nutmeg.
Flour to make very stiff.

Drop in small spoonfuls on a buttered tin, sprinkle the top with English currants and sugar, and bake quickly. These are very fine.

COCOANUT COOKIES

One cup of white sugar, one cup of butter, three eggs, three teaspoons of baking powder, one cup cocoanut, flour enough to roll nicely. Delicious.

CHOCOLATE LOAF CAKE

2 oz. chocolate.
1 cup butter.
1½ cups sugar.
2 teaspoonfuls baking powder.
4 eggs.
½ cup milk.
1¾ cups flour.
1 teaspoonful vanilla.

Dissolve chocolate in five tablespoonfuls boiling water, beat butter to a cream, add gradually sugar, beating all while; add yolks of eggs, beat again, then add milk, then the melted chocolate, and flour; beat the whites of the eggs to a stiff froth and add to the mixture one teaspoon vanilla and baking powder sifted with flour.

SPICE CAKE

2 tablespoonfuls butter.
1 cup dark sugar.
1 large cup flour.
2 eggs.
1 teaspoonful soda.
1 teaspoonful each of cloves, allspice and cinnamon.
2 tablespoonfuls molasses.
½ cup sour milk.

Bake in two layers, ice and fill with icing made by boiling sugar and water.

MACAROONS

Two eggs, one cup sugar, two cupfuls rolled oats, two teaspoonfuls baking powder, ratafia flavoring. Drop in a pan with spoon and bake.

CORNSTARCH CAKE

¼ cup butter.
2 eggs.
1 cup sugar.
½ cup cornstarch.
1 cup flour.
2 teaspoonfuls baking powder.
Vanilla flavoring.

Beat yolks of eggs, butter and sugar to a cream, then add whites, starch, flour, baking powder and milk last. This amount makes one dozen small cakes.

WHITE ROCK CAKE

Whites 3 eggs.
½ cup melted butter.
1 cup granulated sugar.
½ cup flour.
½ cup milk.
1 cup cornstarch.
2½ teaspoonfuls baking powder.

Beat the eggs to a stiff froth; sugar and butter to a cream; mix flour and cornstarch with two and one-half teaspoonfuls baking powder; then mix all together.

GINGER CAKE

Three cups of flour, one cup of sour milk, one cup of sugar, one cup of molasses, two-thirds cup of butter, two eggs not beaten, a little soda.

SPONGE CAKE

12 eggs.
Weight of 10 eggs in sugar.
Weight of 9 in flour.
Juice and rind of 1 lemon.
1 heaping teaspoonful baking powder.
A pinch of salt.

It needs two people to make successfully, one to beat yolks while the other is beating whites, sifting flour with baking powder and salt, and preparing lemon. After beating yolks

until very light add sugar, grated rind and juice of lemon and well-beaten whites, beating all together fully five minutes. Then add flour as quickly as possible and pour into large dripping pan lined with buttered paper about two inches in depth, putting in well-heated oven at once. Don't open oven door for fifteen minutes at least. After that try cake with a straw and when it comes out clean cake is done.

ORANGE FILLING FOR CAKE

½ pt. milk.
2 tablespoonfuls cornstarch.
Yolks 4 eggs.
4 tablespoonfuls sugar.
Grated yellow rind of 1 orange.
2 tablespoonfuls orange juice.

Put milk in a double boiler, moisten cornstarch with a little cold water, add it to the scalded milk, stir constantly until smooth and thick; beat the yolks of eggs with sugar, until light, add it to the cornstarch, take from the fire, and when cool add the grated yellow rind of one orange and two tablespoons of orange juice.

PLAIN CAKE

2 eggs.
1 cup sugar.
½ cup milk.
⅓ cup butter.
2 cups flour.
2 teaspoonfuls baking powder.

Beat eggs well, then add sugar and afterwards the softened butter, stir in part of milk, and then half of the flour, through which baking powder has been sifted, then remainder of milk and flour. Bake in square tin; cover with chocolate icing if desired or sifted sugar.

FRUIT CAKE

1 lb. sugar.
1 lb. flour.
¾ lb. butter.
½ cup molasses.
10 eggs.
2 lbs. seeded raisins.
2 lbs. currants.
1 lb. citron.
¼ lb. almonds.
½ oz. mace.
½ teaspoonful rose water.
1 nutmeg.
1 tablespoonful each cloves and cinnamon.

Beat sugar and butter together; scorch the flour. Mix all together. Cook till done; try with a straw.

RICH PLUM CAKE, OR WEDDING CAKE

4 lbs. flour.
3½ lbs. butter.
3½ lbs. sugar.
36 eggs, leaving out twelve whites.
2 lbs. citron.
2 lbs. orange.
2 lbs. lemon.
4 lbs. almonds mixed with as much sugar.
4 lbs. raisins.
3 lbs. currants.
3 oz. mixed spice.
1 pt. each brandy, white wine and rose water.

Pound almonds fine, and mix with as much sugar; put in an iron pot and stir constantly over the fire until quite dry. Stone raisins, and mince half of them fine. Mix batter and add fruits and spices; then wine and egg whites last. Bake four hours in a well-buttered and papered pan. Sift plenty of flour on top before putting the cake in the oven.

OATMEAL MACAROONS

1 cup sugar.
1 tablespoonful butter.
2 eggs.
2 heaping cups rolled oats.
½ teaspoonful salt.
2 teaspoonfuls baking powder.

Grease your pan well, and drop in half teaspoonfuls of dough in the pan, leaving room to spread. Bake in hot oven fifteen minutes.

SHORTBREAD

1 lb. butter.
2 lbs. flour.
½ lb. brown sugar.
Sweet almonds.
Caraway comfits.

Put butter into a basin, squeeze till quite soft, squeeze into it flour and sugar and almonds, chopped fine. Mix all well together, cut into cakes one-half an inch thick. Bake in a slow oven.

PEEL CAKE

12 eggs.
½ lb. lemon peel.
½ lb. citron peel.
½ lb. orange peel.
1 lb. butter.
1 lb. sugar.
1 lb. flour.
½ lb. almonds.
1 gill brandy.

Beat yolks and whites separately; lemon, orange, and citron peel cut into small pieces, butter beaten to a cream, add sugar, almonds chopped very fine, flour, yolks of eggs and brandy. Add whites of eggs last. This cake will keep for months in a cool dry place.

ICE CREAM CAKE

1 cup sugar.
½ cup butter.
½ cup milk.
1 cup flour.
Whites 4 eggs.
½ cup cornstarch.
3 teaspoonfuls baking powder.
1 teaspoonful flavoring.

Cream butter and sugar together, add milk and flavoring, sift in flour, cornstarch, and baking powder mixed together, lastly add the whites of eggs beaten to a stiff froth. Bake in a square pan and ice with white icing.

DEWEY ICING

One cup icing sugar, butter the size of a walnut, white of an egg, one teaspoonful of vanilla, one teaspoonful of lemon. Mix butter and sugar, and add the egg; then the other ingredients, and spread on the cake when cold.

BRIDESMAID'S CAKE

½ lb. butter.
¼ lb. sugar.
Whites of 14 eggs.
¼ lb. almonds.
1 glass sherry.
A little rose water and mace.
¾ lb. flour.

Butter and sugar beaten to a cream, the whites of eggs beaten to a stiff froth, almonds pounded fine, with rose water and sherry, and a little mace, are made into a paste; rub this into three-quarter pounds of flour, and add lightly and quickly to the other ingredients already mixed. The almonds, paste, and flour should be prepared first. Bake in moderate oven.

SCOTCH SHORTBREAD

One pound flour, one-half pound butter, one-quarter pound sugar, fine granulated. Put flour on board, add butter and sugar, and knead with the hand until a nice dough is formed. Roll into a round cake any thickness desired and bake in a moderate oven about half an hour, or until it is nicely browned. Cut into shapes while hot.

ORANGE CAKE

½ cup butter.
1 cup sugar.
1½ cups flour.
1 cup milk.
Whites 3 eggs.
2 teaspoonfuls baking powder.
Flavor with rind of 1 orange, grated.

Flavor the cake with the rind of an orange grated. Bake in shallow long pan, pour icing over cake without removing from the oven; when the cake is quite done let it harden. Use yolks for icing with one cup sugar and a teaspoon lemon extract.

SHREWSBURY COOKIES

One-half pound flour, same of butter and sugar, well mixed together, two eggs and a teaspoon mace, roll out thin and cut any size you like; bake in a slow oven.

CHOCOLATE CAKE

3 eggs.
1 cup white sugar.
½ teacup melted butter.
Milk enough to make batter.
2 teacups flour.
2 teaspoonfuls baking powder.
Filling:
1 cake chocolate and 1 teacup water.
Confectioner's sugar to make it stiff.

Beat whites and yolks separately first, and then together; beat into this sugar, and then melted butter. Sift flour into which you have stirred two teaspoons baking powder and a pinch of salt. Beat it gradually into the eggs, etc., and then add enough milk to make a moderately stiff batter. Bake in two layer cake tins in quick oven. Chocolate Filling.—Melt chocolate in teacup boiling water on stove; add sugar enough to stiffen it into a thick paste; put this between layers while they are hot and ice top of cake.

RAISIN LAYER CAKE

1 cup brown sugar.
$\frac{1}{3}$ cup butter.
2 eggs.
1 cup flour.
1 cup chopped raisins.
$\frac{1}{2}$ cup sour milk.
$\frac{1}{2}$ teaspoonful soda.
$\frac{1}{3}$ teaspoonful each cinnamon, nutmeg and allspice.

Bake in layers in a moderate oven.

SPONGE CAKE

1 cup flour.
1 cup sugar.
1 teaspoonful cream tartar.
A pinch of salt.
3 eggs.
$\frac{1}{2}$ teaspoonful soda dissolved in
$1\frac{1}{2}$ tablespoonfuls cold water.
Juice of $\frac{1}{2}$ lemon.

Mix together flour, sugar, cream tartar, and a little salt. Break eggs and beat thoroughly; soda dissolved in cold water, juice of lemon. Bake in moderate oven.

IMPERIAL CAKE

1 lb. sugar.
1 lb. butter.
10 eggs.
Juice and rind of 1 lemon.
1 lb. flour.
1 lb. almonds.
$\frac{1}{2}$ lb. raisins.
$\frac{1}{2}$ lb. citron.
1 teaspoonful nectarine.
2 tablespoonfuls rose water.
1 tablespoonful brandy.

Sugar and butter stirred to a cream, then beaten yolks of eggs, grated rind and juice of lemon, then flour and stiff whites of the eggs; have prepared beforehand one pound of almonds blanched and split (or, if you prefer, pounded), raisins stoned and halved and citron cut in thin slips; have these well dredged with two tablespoonfuls of extra flour;

one teaspoonful of extract of nectarine in one teaspoonful of water, rose water, brandy.

OATMEAL COOKIES

Three cups oatmeal, two cups flour, one-half cup brown sugar, three-quarter cup butter, one-half teaspoonful soda dissolved in one-quarter cup boiling water. Bake in oven until a light brown.

LAFAYETTE GINGERBREAD

½ lb. fresh butter.
½ lb. brown sugar.
1 pt. molasses.
½ pt. milk.
4 tablespoonfuls ginger.
1 heaping tablespoonful mixed cinnamon, mace and nutmeg (ground).
1 glass brandy.
1½ lbs. flour.
6 eggs.
Juice and rind of 2 oranges.
1 level teaspoonful soda.
1 small level saltspoonful tartaric acid.

Stir butter and sugar to cream with a spaddle. Add molasses mixed with half a pint of warm milk; ginger; a heaped tablespoonful of mixed powdered cinnamon and powdered mace and nutmeg, and a glass of brandy. Sift in flour. Beat eggs till very light, then mix them alternately with the flour into the pan of butter, sugar, molasses, etc. At the last mix in the yellow rind (grated fine) the oranges and the juice. Stir the whole very hard. Melt in one cup the soda, and in another the tartaric acid. Dissolve them both in lukewarm water and see that both are quite melted. First stir the soda into the mixture and then put in the tartaric acid. On no account exceed the quantity of the two alkalies, as if too much is used they will destroy entirely the flavoring and communicate a very disagreeable taste instead. Having buttered a large round or oblong pan, put in the mixture and

bake it in a moderate oven till thoroughly done, keeping up a steady heat, but watching that it does not burn.

SEED CAKE

1 cup butter.
2 cups sugar (scant).
1 cup milk.
3 cups flour.
3 teaspoonfuls baking powder.
Whites 6 eggs.
A heaping teaspoonful caraway seeds.

Cream the butter and sugar, add milk, half the stiffly beaten whites and half the flour and baking powder, then the rest of the whites and flour and the seeds. Beat well and bake in two small loaves or one large one. Ice while warm.

EASY CAKE

Three-quarters cup granulated sugar, piece of butter size of an egg, and two eggs. Beat all together until light; add half a cup of milk, two cups of flour and one heaping teaspoonful of baking powder, beat again. Bake in two layers.

WHOLE WHEAT GINGER SNAPS

One cup Orleans molasses, one-half cup shortening, one-half cup brown sugar. Place on stove and let come to a boil, then take off immediately and add a half teaspoon soda and a teaspoon ginger; then add whole wheat flour until thick enough to roll.

MOCHA CAKES

1 cup sugar.
½ cup butter.
½ cup milk.
1½ cups flour.
2 teaspoonfuls baking powder.
Whites 4 eggs.
Icing:
2 cups powdered sugar.
2 tablespoonfuls butter.
1 tablespoonful water and vanilla.
1 lb. almonds, chopped, or peanuts.

Cream butter and sugar, beating all the time, slowly add the milk, then the flour and baking powder sifted together, gently fold in well-beaten whites. Bake in a long pan or in two square layer-cake tins. Icing.—Beat sugar, butter, water with vanilla; if not soft enough add more water. When cake is cold cut in pieces about an inch square, which hold on a two-pronged fork, ice on five sides and dip in a bowl of finely rolled peanuts or chopped parched almonds, previously prepared.

WALNUT WAFERS

One cup brown sugar, one cup walnut meats, one well-beaten egg, six teaspoons flour, one teaspoon baking powder. Drop small drops in well-buttered pans and bake in a moderate oven.

DAYTON CAKE

One cup of butter, two cups of sugar, three cups of flour, five eggs. Scant teaspoonful of cream of tartar, scant half teaspoonful of soda, two-thirds of a cup of milk. This recipe was used before baking powder was known. I think baking powder could be used, a heaping teaspoonful.

MOLASSES CAKE

1 scant cup butter.
1 cup brown sugar.
1 cup molasses.
1 cup sour milk.
4 cups sifted flour.
1 tablespoonful ginger.
2 tablespoonfuls soda.

Dissolve soda in a little cold water. Bake in moderate oven.

LIGHT SPONGE CAKE

Three eggs, beat one minute; one and one-half cups white sugar, beat five minutes; add one cup flour, beat one minute more; then add one-half cup water, one cup flour, two tea-

spoons baking powder; flavored to taste with lemon or vanilla. Bake in a moderate oven twenty-five or thirty minutes.

ECCLES CAKES

Make a very short paste and roll lightly (always in one direction, never back and forth), and cut into squares about five inches. Place on each square currants which have been heated in a syrup of brown sugar and fold over the sides so as to make a square cake with round opening; put a little syrup in each cake before baking in a very hot oven.

SPICE CAKE

½ cup brown sugar.
½ cup butter.
½ cup molasses.
½ cup sweet milk.
2 cups flour.
2 eggs.
1 teaspoonful cinnamon.
½ teaspoonful cloves.
2 teaspoonfuls baking powder.

This is nice for either a loaf or a layer cake.

GINGER COOKIES

1 cup sugar.
1 cup black molasses.
1 cup lard (scant).
Flour to roll.
3 eggs.
2 teaspoonfuls ginger.
1 heaping teaspoonful soda dissolved in 2 of hot water.

Bake in hot oven.

CUP CAKE

One cup of butter washed in warm water, two cups of sugar, one cup of milk, five eggs mixed in one by one, four cups of flour sifted in and four teaspoons of baking powder.

LEMON CAKE

Quarter pound butter, half pound sugar, three eggs, grated rind of a fresh lemon, half pound flour, one teaspoon baking powder, half cup milk.

CHOCOLATE ICING

Beat white of one egg stiff, add one teaspoon of vanilla and one tablespoon of water, and enough icing sugar to make stiff. Melt one-sixth of a package of Baker's chocolate, then beat into egg and sugar and spread it on the cake.

OATMEAL COOKIES

Five cups oatmeal, one cup flour, one cup brown sugar, one cup butter, one egg, one-half teaspoonful of soda, one tablespoonful water.

CORNMEAL CAKES

Three-quarters cup sugar, two tablespoonfuls butter, two eggs, one cup flour, one cup cornmeal, two teaspoonfuls baking powder, one-half cup milk.

MAPLE SUGAR CAKE

1½ cups sugar.
½ cup butter.
½ cup milk.
4 eggs.
2 cups flour.
2 teaspoonfuls baking powder.

Filling:
1 cup maple syrup.
White 1 egg.

Bake in layers. Filling.—Maple syrup boiled to a soft wax and poured over the white of egg beaten to a stiff froth. Beat thoroughly.

OATMEAL MACAROONS

1 tablespoonful butter.
1 cup sugar.
½ teaspoonful salt.
3 cups rolled oats.
1 teaspoonful vanilla.
2 teaspoonfuls baking powder.
2 eggs.

Put tiny drops on a greased pan in moderate oven.

EXCELLENT LUNCH CAKE

One coffee-cup butter melted, one cup sweet milk, one and one-half cups of sugar, three and one-half cups flour, three eggs (reserving one of the whites for icing), three teaspoons baking powder. Bake in a shallow meat tin.

COCOANUT PUFFS

Beat whites of three eggs to a stiff froth; add slowly one small cup sugar and one tablespoon cornstarch. Place mixture in double boiler and cook fifteen minutes, stirring constantly. Then add two cups cocoanut and one teaspoon vanilla and drop on buttered tins in teaspoonfuls and bake a delicate brown.

PLAIN FRUIT CAKE

2 lbs. flour.
1 lb. butter.
1½ lbs. brown sugar.
8 eggs, beaten separately.
2 teacups milk.
2 heaping teaspoonfuls baking powder.
1½ lbs. raisins.
1½ lbs. currants.
¼ lb. mixed peel.
2 heaping teaspoonfuls ground cinnamon.
4 teaspoonfuls lemon extract.
¾ nutmeg, grated.

Bake between three and four hours.

ROCK CAKE

One cup sugar, two tablespoons butter, two eggs, two cups flour, two teaspoons baking powder, two cups currants. Drop from a spoon in small cakes.

DROP CAKES

1 cup butter.
1 cup sugar.
4 eggs.
1 tablespoonful whisky.
Flour enough to make stiff batter.

With or without caraway seeds on top of each cake. Beat butter to a cream, then add yolks well beaten, then part of the flour; whites beaten stiff; whisky; rest of flour. Bake in a quick oven, on a buttered paper.

NEAPOLITAN CAKE

2 cups sugar.
⅔ cup milk.
½ cup butter.
1 cup flour.
Whites of 5 eggs.
Cochineal to color half.
Put nuts in icing.
2 teaspoonfuls baking powder.

Cream butter, sugar and milk together, then part of flour, whites of eggs with the rest of flour. Divide and color one portion. Fill bake-pan with alternate layers of white and pink. Must not be moved in the oven until cooked.

A GOOD SPONGE CAKE

12 eggs.
Weight of 10 in sugar.
Weight of 6 in flour.
Flavor with lemon extract.

Directions.—Beat the yolks stiff, then add the sugar; beat with the yolks until very light; now essence; now gently stir in whites which have been beaten stiff, and last put in flour.

Stir it in, do not beat it in; have buttered pans ready. Bake in moderate oven.

RIBBON CAKE

2 cups sugar.
3 eggs.
⅔ cup butter.
1 cup milk.
3 cups flour.
A pinch of salt.
1 teaspoonful saleratus or 3 of baking powder.
Flavor with lemon or almond.

Put half the above in two oblong pans. To the remainder add one tablespoon of molasses, one large cup of raisins stoned and chopped, one teaspoon of cinnamon, half a teaspoon each of cloves and allspice, grate in a little nutmeg, then add one spoonful of flour. Put into two pans of the same size and shape as those above. Put the sheets together while warm, alternately, with a little jelly or raspberry jam between. Cut in thin slices for the table. It will cut most easily the day after it is baked. It may be baked in one large pan without the fruit, pouring in the dark and light in alternate layers. When baked thus it is a handsome marble cake.

JELLY OR LAYER CAKE

Whites of 4 eggs.
1 cup sugar.
2 tablespoonfuls butter.
2 cups milk.
2 teaspoonfuls baking powder.
2 cups flour.

Beat the whites stiff and add last (after the flour); flavor with a few drops of lemon or vanilla.

Layer cake: To use yolks.
1¼ cups sugar.
½ cup butter.
4 yolks.
¾ cup milk.
2½ cups flour.
2 teaspoonfuls baking powder.

(By adding fruit will make a very good fruit cake.)

OATMEAL WAFERS

2 cups oatmeal.
1 cup flour.
1 cup brown sugar.
½ cup butter.
1 teaspoonful ground spice.
½ teaspoonful salt.
Scant teaspoonful soda.

Mix the meal and flour and rub butter and sugar well in, add the other ingredients. Moisten slightly with a little cold water. Add more flour as required, and roll out a very small piece at a time as thin as possible. To get them thin the mixture must not be too soft. Cut with a sharp fluted tin cutter. Bake in a hot oven.

ANGEL CAKE

12 eggs, whites only.
1½ cups sugar.
1 cup flour.
1 teaspoonful cream tartar.
Vanilla or almond extract.

Sift sugar, flour, and cream tartar well together and beat in the whites of eggs—already well beaten. Bake in slow oven sixty minutes, in a pan not greased.

SILVER CAKE

Take one cup of sugar, half a cup of milk, one and a half cupfuls of flour, half a cup of butter, whites of four eggs, one teaspoonful of cream of tartar, half teaspoonful of soda.

CUP CAKE

One cup of butter, creamed, with two cups of sugar, four eggs, beaten separately; one cup of milk, three cups of sifted flour, four even teaspoonfuls of baking powder. Mix with the hand.

FIG PASTE FILLING

1 lb. figs.
2 cups sugar.
1 cup cold water.

Put figs into a bowl and pour boiling water over them, letting stand till soft, then cutting into small pieces with scissors; first cut off all the small hard pieces, and then chop figs until they become a thick paste; add sugar and water, and cook till thick and clear.

VANILLA WAFERS

1 cup sugar.
1 cup butter.
1 egg.
4 tablespoonfuls milk.
4 tablespoonfuls vanilla.
1½ teaspoonful cream tartar.
⅔ teaspoonful soda.
Flour to make stiff enough to roll.

Cut in pieces three inches by one inch.

SCOTCH CAKE

½ lb. butter.
¾ lb. flour.
2 oz. sugar.
A pinch of soda.

Put the butter in a large bowl, rubbing a few times with the hand; then put the flour, sugar and soda in a sifter, and as these are sifted into the butter mix with the hand, the warmth being sufficient to make all into a dough. Have a pan ready with buttered paper, and put the ball of dough on this, pressing to the desired thinness with the hands. Prick with fork on top, and bake twenty minutes or so in a moderate oven. Cut in squares while in the pan and hot, directly upon being taken out of the oven.

WALNUT CREAM FILLING FOR LAYER CAKES

Quarter pound of butter, quarter pound icing sugar, half pound walnuts. Beat butter with sugar to a cream; chop the walnuts fine and beat them well into the sugar and butter; flavor with vanilla and a little sherry.

TEA CAKE

One pint flour, two teaspoons baking powder, one cup milk, one egg, three tablespoons sugar, one large tablespoon butter. Bake in flat tins in quick oven.

COCOANUT MACAROONS

2 eggs, whites.
½ cup sugar, large.
1 dessertspoonful cornstarch.
1 heaping cup cocoanut.
Vanilla flavoring.

Stir into sugar one dessertspoon cornstarch. Stir this into whites of eggs beaten very stiff. Set over steam of kettle and stir till sugary around edges, about twenty minutes. Take off and stir in one heaping cup shredded cocoanut. Flavor, vanilla. Drop on buttered paper. Bake in rather quick oven.

WALNUT CAKE

Whites 4 eggs.
2 cups sugar.
½ cup butter.
1 cup milk.
3 cups flour.
1 cup chopped nuts.
1 teaspoonful soda.
2 teaspoonfuls cream tartar.
Vanilla flavoring.

Beat butter in sugar, add milk, flour, nuts, eggs last; then bake slowly. Frost with chocolate frosting, with half walnuts on top.

LEMON CHEESE CAKES

1 lb. sugar.
Juice and grated rind 2 lemons.
5 eggs.
¼ lb. butter.

Place over a slow fire, stirring until dissolved; add one rolled biscuit; place in a jar for use. Make small shells of puff paste and fill with the lemon filling.

ROCK CAKES

½ lb. butter.
½ lb. sugar.
1 lb. flour.
3 eggs.
1 teaspoonful cream tartar.
½ teaspoonful soda.
1 cup currants.
Flavor to taste.

Drop on buttered tins. Bake in moderate oven.

SPONGE CAKE

4 eggs.
1 cup sugar.
Juice and rind of 1 lemon.
1 scant cup flour.

Beat eggs separately; when whites are very stiff beat into them one-half a cup of sugar; beat the yolks and add the other half cup of sugar; beat for five minutes by the clock; add to yolks rind and juice of lemon; now beat yolks and whites together and scant cup of flour stirred in quickly. Sprinkle top of cake with sugar when in cake-tin before putting in the oven. Bake one-half an hour.

TEA CAKES

1 pt. flour.
½ teaspoonful salt.
2 teaspoonfuls baking powder.
2 tablespoonfuls sugar.
1 generous tablespoonful shortening.
1 large tablespoonful mashed potato.
1 small cup raisins or currants.

Sift flour, baking powder, sugar and salt twice; cut in shortening; moisten with milk, adding potato and currants. Roll gently to thickness of one inch; cut in round cakes the size of small tea-plate. Bake twenty minutes in hot oven; cut open, butter and replace, cutting each cake in four. Serve hot.

CRULLERS

One and a quarter pounds of white sugar, one-half pound of butter, eight eggs, well beaten, one nutmeg, flour enough to roll out. Fry in very hot lard.

SPONGE ROLL

1 cup boiling water.
2 cups sugar.
3 cups flour.
4 eggs.
2 teaspoonfuls baking powder.
Jelly or jam.

Beat the yolks and sugar together; slowly pour over them the boiling water; stir in the sifted flour and lastly the beaten whites of the eggs, retaining a little of the flour mixed with the baking powder until the very last. Bake in thin layers and while hot spread with jelly or jam and roll. This is excellent.

GERMAN COFFEE CAKE

To a quart of lukewarm milk use one Fleischmann's yeast cake, flour enough to make stiff sponge (sifting flour twice before using), knead till batter shows large bubbles, mix in evening; next morning knead again; put batter about three-quarters high in tins, let raise till twice this size, glaze with melted butter, and sprinkle with cinnamon and sugar over top (or chopped almonds instead of cinnamon). Bake in medium hot oven. Serve with coffee.

LUNCH CAKES

1 qt. flour.
2 heaping tablespoonfuls butter.
½ cup sugar.
¼ cup currants.
2 eggs.
1 cup milk.

Into flour rub butter. Add sugar, baking powder and currants. Beat eggs, add to them one cupful of milk and stir

CRULLERS

into the dry mixture, adding more milk, if it is necessary, to mix to a soft dough. Roll out as for biscuits; cut into three-inch squares, rub the top of each with a mixture of milk and sugar and bake in a hot oven. Split, butter and serve while hot.

SHORTBREAD

$1\frac{1}{4}$ lbs. flour. $\frac{1}{2}$ lb. sugar.
$\frac{3}{4}$ lb. butter.

Cream the butter and sugar, beating until light, then add the flour. Mould and roll into cakes about an inch thick. Pinch them neatly round the edges, and prick them on the top with a fork. Bake slowly till a light golden brown. Some add cut citron, candied peel and sprinkle caraway comfits on top of each square.

WRITTEN RECIPES

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BREAD AND MUFFINS

GENERAL DIRECTIONS

Among all civilized people bread has become an article of food of the first necessity; and properly so, for it constitutes of itself a complete life sustainer, the gluten, starch and sugar which it contains representing ozotized and hydrocarbonated nutrients, and combining the sustaining powers of the animal and vegetable kingdoms in one product. As there is no one article of food that enters so largely into our daily fare as bread, so no degree of skill in preparing other articles can compensate for lack of knowledge in the art of making good, palatable and nutritious bread. A little earnest attention to the subject will enable any one to comprehend the theory, and then ordinary care in practice will make one familiar with the process.

The first thing required for making wholesome bread is the utmost cleanliness; the next is the soundness and sweetness of all the ingredients used for it; and, in addition to these, there must be attention and care through the whole process.

Salt is always used in bread-making, not only on account of its flavor, which destroys the insipid raw state of the flour, but because it makes the dough rise better. A little practise will soon teach the housekeeper the proper amount of salt to use.

In mixing with milk, the milk should be boiled—not simply scalded, but heated to boiling over hot water—then set aside to cool before mixing. Simple heating will not prevent bread from turning sour in the rising, while boiling will act as a

preventative. So the milk should be thoroughly scalded, and should be used when it is just blood warm.

Too small a proportion of yeast, or insufficient time allowed for the dough to rise properly, will cause the bread to be heavy.

The yeast must be good and fresh if the bread is to be digestible and nice. Stale yeast produces, instead of vinous fermentation, an acetous fermentation, which flavors the bread and makes it indigestible. A poor, thin yeast produces an imperfect fermentation, the result being a heavy unwholesome loaf.

If either the sponge or the dough be permitted to overwork itself—that is to say, if the mixing and kneading be neglected when it has reached the proper point for either—sour bread will probably be the consequence in warm weather, and bad bread in any. The goodness will also be endangered by placing it so near a fire as to make any part of it hot, instead of maintaining the gentle and equal degree of heat required for its due fermentation.

Heavy bread will also most likely be the result of making the dough very hard, and letting it become quite cold, particularly in winter.

An almost certain way of spoiling dough is to leave it half made, and to allow it to become cold before it is finished. The other most common causes of failure are using yeast which is no longer sweet, or which has been frozen, or has had hot liquid poured over it.

As a general rule, the oven for baking bread should be rather quick, and the heat so regulated as to penetrate the dough without hardening the outside. The oven-door should not be opened after the bread is put in until the dough is set or has become firm, as the cool air admitted will have an unfavorable effect on it.

The dough should rise and the bread begin to brown after about fifteen minutes, but only slightly. Bake from fifty to

sixty minutes, and have it brown, not black or whitey brown, but brown all over when well baked.

When the bread is baked, remove the loaves immediately from the pans, and place them where the air will circulate freely around them and thus carry off the gas which has been formed, but is no longer needed.

Never leave the bread in the pan or on a pine table to absorb the odor of the wood. If you like crusts that are crisp do not cover the loaves; but to give the soft, tender, wafer-like consistency which many prefer, wrap them, while still hot, in several thicknesses of bread-cloth. When cold put them in a stone jar, removing the cloth, as that absorbs the moisture and gives the bread an unpleasant taste and odor. Keep the jar well covered, and carefully cleansed from crumbs and stale pieces. Scald and dry it thoroughly every two or three days. A yard and a half square of coarse table linen makes the best bread-cloth. Keep in good supply; use them for no other purpose.

Some people use scalding water in making wheat bread; in that case the flour must be scalded and allowed to cool before the yeast is added,—then proceed as above. Bread made in this manner keeps moist in summer, much longer than when made in the usual mode.

Home-made yeast is generally preferred to any other. Compressed yeast, as now sold in most grocery stores, makes fine, light, sweet bread, and is a much quicker process and can always be had fresh, being made fresh every day.

GENERAL SUGGESTIONS

In making batter-cakes, the ingredients should be put together over night to rise, and the eggs and butter added in the morning; the butter melted and eggs well beaten. If the batter appears sour in the least, dissolve a little soda and stir into it; this should be done early enough to rise some time before baking.

Water can be used in place of milk in all raised dough, and the dough should be thoroughly light before making into loaves or biscuits; then, when moulding them, use as little flour as possible; the kneading to be done when first made from the sponge, and should be done well and for some length of time, as this makes the pores fine, the bread cut smooth and tender. Care should be taken not to get the dough too stiff.

When any recipe calls for baking-powder, and you do not have it, you can use cream tartar and soda, in the proportion of one level teaspoonful of soda to two of cream tartar.

When the recipe calls for sweet milk or cream, and you do not have it, you may use in place of it sour milk or cream, and, in that case, baking-powder or cream of tartar must not be used, but baking-soda, using a level teaspoonful to a quart of sour milk; the milk is always best when just turned, so that it is solid, and not sour enough to whey or to be watery.

When making biscuits or bread with baking-powder or soda and cream tartar, the oven should be prepared first; the dough handled quickly and put into the oven immediately, as soon as it becomes the proper lightness, to ensure good success. If the oven is too slow, the article baked will be heavy and hard.

As in beating cake, never stir ingredients into batter, but beat them in, by beating down from the bottom, and up, and over again. This laps the air into the batter, which produces little air-cells and causes the dough to puff and swell as it comes in contact with the heat while cooking.

TO RENEW STALE ROLLS

To freshen stale biscuits or rolls, put them into a steamer for ten minutes, then dry them off in a hot oven; or dip each roll for an instant in cold water and heat them crisp in the oven.

MUFFINS

1 cup scalded milk.
1 cup boiling water.
2 tablespoonfuls butter.
¼ cup sugar.
¾ teaspoonful salt.
¼ cake yeast.
1 egg.
4 cups flour.

Add butter, sugar and salt to the scalded milk and water. When lukewarm add the yeast, and when that is dissolved add the egg and flour and beat all well together. Place the crock of this mixture in a warm room for over night. The next day you fill buttered rings two-thirds full of this batter, and set them aside till risen to the top of the rings. Bake half an hour. They should be ready for baking in time for an early lunch if mixed at ten o'clock or later the night before.

OLD-FASHIONED YEAST

6 large potatoes.
2 qts. water.
½ cup sugar.
½ cup salt.
1 yeast cake.
A handful of hops.

Tie the hops in a piece of cheesecloth and cook in with potatoes. When done put through the colander; add salt and sugar; when luke warm add the dissolved yeast cake; let stand in a warm place, when it will be ready for use; after keep in a cool place. This is excellent and never fails.

SPICED RAISIN LOAF

2 cups warmed milk.
¼ cup old-fashioned yeast.
½ cup butter.
½ cup brown sugar.
1 teaspoonful cloves, cinnamon and allspice.
3 eggs.
1 lb. seeded raisins.
Flour to make smooth, soft dough.
⅓ cake of compressed yeast can be used.

Mix warm milk, flour to make a soft dough, a quarter of a cup of old-fashioned yeast; let it stand in a warm place till

light. Then add butter, brown sugar, cinnamon, cloves and allspice, eggs, raisins and bread flour enough to make it smooth and soft. Dough kneaded well; put in a warm place to rise; when light mould in a loaf; let rise again; when it has risen to the top of the pan bake in a moderate oven for one hour. This makes a large loaf.

MUFFINS

1 pt. flour.
½ pt. milk.
2 teaspoonfuls baking powder.
½ teaspoonful salt.
2 tablespoonfuls sugar.
2 tablespoonfuls melted butter.
2 eggs.

Mix the dry ingredients and sift them well. Beat the eggs light and add the milk to them. Add this to the dry ingredients and add the melted butter. Beat the batter vigorously for a few seconds. Put on buttered muffin pans and bake in a hot oven about twenty minutes. For one dozen muffins.

VIENNA BREAD

1 cup milk, scalded.
1 cup hot water.
1 yeast cake.
1 teaspoonful salt.
Flour to knead (about 4 cups).

(If to be set over night, use only half the yeast). In three tablespoons milk and water dissolve the yeast thoroughly and add to remaining milk and water. Add salt and sufficient flour (warmed) to make a light dough (about four cups). Turn out and knead until thoroughly smooth and does not stick to the hands. Put in a greased basin, cover, and stand in a warm place to rise, for three hours. When risen, turn out and cut into small rolls, knead each roll a little and put in a greased tin. Grease over tops with melted butter, cover

and stand in a warm place till twice their original size Grease again and bake in a hot oven.

PARKER HOUSE ROLLS

1 egg, well beaten.
1 tablespoonful sugar.
½ cup milk.
1 cake yeast.
A little salt.
Flour to make light dough.

Beat egg and salt, add sugar, dissolve yeast in a little milk, and add to egg and salt and sugar. Add flour and set to rise for an hour or an hour and one-half. Turn out and knead. Roll out with a rolling pin about one-half inch thick. Cut with a ring, brush over with water, fold in two and brush over with egg. Set to rise to twice original size and bake. Use same amount of yeast for twice the quantity.

MUFFINS

1½ cups flour.
A little salt.
3 teaspoonfuls baking powder.
Yolks of 2 eggs.
1 cup milk.
Butter size of walnut.

Sift flour, salt and baking powder together. Yolks of eggs well beaten, add milk, and melted butter. Then stir in flour; beat up whites of eggs and stir in, have tins well buttered. Bake in quick oven twenty minutes to one-half hour.

SODA SCONES

One pound sifted flour, two cups sour or buttermilk, one teaspoon soda, well rubbed through the flour, a little salt in the milk. If sweet milk is used, to one teaspoonful of soda put two of cream of tartar.

SPOON BREAD

1 pt. milk. 2 eggs.
1 teaspoonful baking powder. Cornmeal to make thin batter.
Salt.

Stir into milk enough white cornmeal to make a thin batter; add baking powder, salt and eggs, the whites and yolks of which have been beaten separately. Pour the mixture into a baking dish, smooth the top with a broad, flat knife, and dot with pieces of butter. Bake and serve in the dish with a spoon. This is excellent with gravy for the nursery table.

SCONES

3 cups sifted flour. 1 teaspoonful sugar.
3 teaspoonfuls baking powder. 3 teaspoonfuls cold butter.
1 cup milk.
½ teaspoonful salt.

To sifted flour, add baking-powder, and salt; then sift again. Mix with cold butter (cut in dice), and milk, add the flour to the mixture, handling as little as possible. Cut into three portions, make with a knife a + and bake twenty minutes. On removing from oven rub over with a little butter.

MARYLAND BISCUIT

Two sifters of flour, two tablespoons of lard, one saltspoon of salt. Mix to as stiff a dough as possible. Beat with sadiron or rolling pin until soft and blistering. Cut out and press the knuckles into each biscuit. Bake in a quick oven.

HOT BAKING POWDER BISCUITS

Two cups flour sifted well, four teaspoons baking-powder, one scant teaspoon salt, one tablespoon lard, one tablespoon

butter, three-quarters cup milk (or water, or both), to a soft dough; drop on pan, or roll out.

CORN MUFFINS

2 eggs.
1 teaspoonful melted butter.
1 tablespoonful brown sugar.
2 teacups cornmeal.
1 heaping tablespoonful flour.
1 teaspoonful baking powder.
1 cup milk.

Beat eggs very light, add melted butter, brown sugar, cornmeal, and flour, to which add baking powder and a cupful of milk. Mix thoroughly, pour into greased muffin tins and bake in a quick oven.

SPANISH BUN

Two eggs, small cup sugar, butter size of a large egg, one-half cup milk, one-quarter teaspoonful cloves, three small teaspoonfuls cinnamon, two teaspoonfuls baking powder, one large cup of flour.

MUFFINS

2 eggs.
2 tablespoonfuls butter.
A little salt.
¾ cake compressed yeast.
½ pt. milk.
A little brown sugar.

Warm the milk and butter, dissolve the yeast in a little milk, beat the eggs well, enough flour to make a thick batter. Leave it to rise some hours. Put into well-buttered rings. Rise another hour. Bake twenty minutes in a good oven. Guaranteed for tea at seven; set at two.

SPANISH BUN

¾ cup butter.
1 cup sugar.
4 eggs.
1 cup milk.
3 cups flour.
3 teaspoonfuls baking powder.
Flavoring as desired.

Bake in a moderate oven. Ice with the following:—The whites of three eggs well beaten with one and one-half cups of sugar.

SPICE GEMS

½ cup butter.
1 cup brown sugar.
1 teaspoonful ginger.
½ teaspoonful each of other spices.
1 egg.
½ cup molasses.
½ cup milk.
Flour to make stiff batter that will cling to spoon.

Put in ingredients in order mentioned. Dissolve small teaspoonful of carbonate of soda in a very little boiling water; add to the batter a pinch of salt. Mix thoroughly, and bake in buttered gem-pans in moderate oven.

POPOVERS

One pint of flour, one pint of sweet milk, butter size of an egg, two eggs and pinch of salt. Bake in gem-irons, well heated, in hot oven.

ADIRONDACK CORNBREAD

5 eggs beaten separately.
1 pt. milk.
½ pt. flour.
1 tablespoonful salt and 1 of sugar.
½ pt. cornmeal.
2 oz. butter, melted.
2 teaspoonfuls baking powder.

Eggs beaten separately. Add to milk, flour and cornmeal well mixed, the beaten yolks and melted butter; let it stand ten minutes. Then add whites, salt and sugar, baking powder. Mix thoroughly and bake in long biscuit tins.

MILK MUFFINS

1½ cups flour.
1½ teaspoonfuls baking powder.
A pinch of salt.
Enough milk to make a very light batter.

Beat till it becomes a cream. Butter the tins well and drop the mixture into pans. Fill half full and bake fifteen minutes in a very hot oven.

SPANISH BUN

Four eggs, white of one left out for icing; three-quarters of a cup of butter, two cups of brown sugar, one cup of sweet milk, two and a half cups of flour, three teaspoonfuls of baking powder, one dessertspoonful of cloves and cinnamon.

SCOTCH CURRANT BUN (GLENORCHY)

1 lb. flour.
1 lb. sugar.
¼ lb. orange peel.
¼ lb. almonds.
2 lbs. currants.
2 lbs. raisins.
1 large cup of buttermilk.
2 teaspoonfuls ginger.
2 teaspoonfuls cinnamon.
2 teaspoonfuls Jamaica pepper.
1 teaspoonful soda.
1 teaspoonful cream tartar.
⅓ teaspoonful black pepper.

For paste:

1½ lbs. flour.
¼ lb. butter.
½ teaspoonful baking powder.

This is all for cake proper. The fruit must be carefully prepared. Stone raisins, clean currants, blanch almonds; cut up orange-peel fine. Put all fruit, flour, sugar, and spices into a big basin; set aside and make paste, using the quantities given above. Rub butter into flour with baking powder, making into a stiff dough with water. Roll out thin. Grease tin, line it with paste; keep piece for top of bun. Now pour milk into flour and mix also fruit all well together with the hand. It must be just moist, not too thin; pour all into the tin and lay on top sheet. Dot with fork; bake for three hours in moderate oven.

BAKED BROWN BREAD

2 cups Indian meal.
2 cups rye or Graham flour.
¾ cup molasses.
1 teaspoonful soda.
½ teaspoonful salt.
Sour milk to make batter like cake.

Have moderate oven; bake slowly four or five hours. Sweet milk or water can be used in making the batter, and two teaspoonfuls of baking powder sifted with the flour, instead of the soda.

GRAHAM BREAD

2 cups flour.
4 cups graham flour.
2 cups warm milk.
1 cake compressed yeast.
½ cup molasses.
2 teaspoonfuls salt.
1 teaspoonful soda dissolved in water.

Make as stiff as can be stirred with a spoon. Let it rise over night. In the morning beat it a little, form in one or two loaves, put in pans, and when it rises again, bake one hour in a moderate oven.

QUICK GRAHAM BREAD

One pint sour milk, one teaspoonful of soda, half a cup of molasses, half teaspoon salt. Stir in graham flour to make a stiff dough, and bake in a quick oven. A little shortening makes it more tender.

INDIAN BREAD

1 pt. Indian meal.
1 qt. milk or water.
1 pt. Graham flour.
1 cup wheat flour.
2 tablespoonfuls butter.
1 teaspoonful salt.
½ cup yeast, or 1 cake.

Scald Indian meal with milk or water; boiling milk and water can be used, half and half. When cool add: Graham

flour, wheat flour, butter (melted), salt, yeast. Dissolve yeast cake in a cup half full of warm water. Mix at night and let rise. In the morning stir down; put in a well-buttered pan, letting it rise first for half an hour, and bake slowly.

NEW ORLEANS CORN BREAD

1½ pts. cornmeal.
½ pt. flour.
1 tablespoonful sugar.
2 eggs.
1 teaspoonful salt.
2 teaspoonfuls baking powder.
1¼ pts. milk.
1 tablespoonful lard.

Sift together cornmeal, flour, sugar, salt and powder; rub in lard, cold; add eggs (beaten), and the milk; mix into a moderately stiff batter; pour from bowl into a shallow cake-pan. Bake in rather hot oven thirty minutes.

RYE BREAD

1 cup yeast.
1 pt. warm water.
2 pts. rye flour.
1 pt. wheat flour.
2 tablespoonfuls lard.
2 tablespoonfuls brown sugar.
1 qt. warm milk.
1 cup Indian meal.

Mix together yeast, warm water, rye flour, flour, lard and brown sugar. Beat together, and let rise over night. In the morning mix with this: One quart of warm milk, one cup of Indian meal, enough rye flour to make into dough. Knead; cover, set in a warm place to rise two or three hours. Knead again, and make into loaves. If there is the least tendency to sourness, add a teaspoonful of soda, dissolved in warm water. It is best to always add this in warm weather. Rub soda smooth with a knife blade before measuring.

OATMEAL BREAD

½ pt. oatmeal.
2½ pts. flour.
½ teaspoonful salt.
3 teaspoonfuls baking powder.
¾ pts. milk.
1½ pts. salted water.

Boil the oatmeal in water for one hour; add milk; set aside until cold. Then place in bowl, sift together flour, salt, and powder, and add. Mix together smoothly and deftly; bake in greased tin forty-five minutes, protected with paper twenty minutes.

CREAM OF TARTAR AND SODA BISCUIT WITHOUT MILK

1 qt. flour.
2 heaping teaspoonfuls butter.
2 cups cold water.
2 teaspoonfuls cream tartar.
1 teaspoonful soda.
½ teaspoonful salt.

Mix cream tartar with flour and dissolve soda in water. Stir the dissolved soda in the cold water. Mix the dough very quickly, having it just stiff enough to handle and roll. Bake in a quick oven.

BUTTERMILK BISCUIT

1 pt. sour milk or buttermilk.
1 teaspoonful soda.
½ teaspoonful salt.
½ cup soft lard.
Flour to make dough.

Take buttermilk and stir in it a rounding teaspoonful of baking soda. Pour into the flour bowl where there has been made a hole in the middle of the flour. Add salt and lard. Mix with the fingers into a soft dough. Do not get in too much flour—it must be quite soft. Roll out one inch thick and cut; place not too close together on a tin and bake in a very hot oven.

GRAHAM BISCUIT

1 pt. milk or water.
1 tablespoonful butter.
2 tablespoonfuls sugar.
½ cup or ½ cake of yeast.
Wheat flour to make thin batter.
Graham flour to make stiff as can be stirred with a spoon.

(If dry yeast is used, take half cake of yeast dissolved in half cupful warm water.) Use enough of wheat flour to make a thin batter; add the remainder of the ingredients and as much graham flour as can be stirred in with a spoon. Set away until morning. In the morning butter a pan, and with floured hands tear off bits of dough the size of an egg, roll lightly between the palms, put in the pan, let rise twenty minutes and bake in a hot oven.

EGG ROLLS

2 eggs.
1 small cup milk.
1 tablespoonful lard or lard and butter.
2 teaspoonfuls baking powder.
Enough flour to make stiff dough.

Roll out, cut desired size, bake in a hot oven. Nice biscuit for tea. If liked, add two tablespoonfuls of white sugar.

PARKER HOUSE ROLLS, WITH BAKING POWDER

3 tablespoonfuls baking powder.
1 qt. flour.
1 tablespoonful cold butter.
1 egg.
1 tablespoonful sugar.
1 teaspoonful salt.
1 pt. cold milk.

These are not the old original Parker House Rolls, but are quicker made: Sift baking powder with flour; put in cold butter; add well-beaten egg, sugar, and salt; rub well together, and make into a dough, with a pint of cold milk. Roll out less than half-inch thick. Cut with a large biscuit-

cutter. Spread soft butter over the top of each, fold them together, and lay a little apart on greased tins. Brush over the tops with sweet milk and set immediately in a hot oven.

VIENNA ROLLS

2 lbs. sifted flour.
1 pt. milk.
½ pt. water.
1 teaspoonful salt.
1 compressed yeast cake.

Bank flour around pan, one-half pint of milk, one-half pint of water; mix to a thin batter, quickly add one-half pint of milk in which has been dissolved one teaspoonful of salt and one compressed yeast cake; leave remainder of flour against side of pan; cover and keep free from air fifty minutes; then mix in rest of flour until dough leaves side and bottom of pan; let stand for two and a half hours. Divide into one-pound pieces; sub-divide into twelve pieces. Flatten these small pieces of dough in squares three-quarters of an inch thick, fold their corners to the centre, pinch them down to hold them, and turn the little rolls thus made over on a board covered with cloth; let them stand for about ten minutes, turn them up again on a baking-pan and put into a hot oven to bake quickly, for about fifteen minutes; when half done brush them with milk, return them to the oven and finish baking. Some trouble, but the result is delicious.

BREAD TWIST ROLLS

Take enough bread dough in the morning for a tin of rolls. Work in one tablespoonful butter or lard. Divide the dough into parts the size of an egg, sub-dividing each of these into two unequal pieces. The largest piece form into a taper roll. Lay in a buttered pan. Do not let touch. Divide the smaller pieces into three pieces each. Roll these longer than the others and braid. Place a braid on the top

of each large roll, pinch the ends of the two together, wash over with milk and bake.

FRENCH ROLLS

2 cups sweet milk.
¾ cup butter and lard mixed.
2 eggs.
½ cup yeast or ½ cake dissolved in ½ cup warm water.
1 teaspoonful salt.
Flour to make stiff dough.

Let rise over night. In the morning add well-beaten eggs, knead and let rise again. Make into balls the size of an egg. Then roll each one between the hands to make a long roll (about three inches long). Place close together in even rows on well-buttered pans. Cover and let rise again. Bake in a quick oven to a delicate brown. Glaze with sweet milk before baking.

HOT CROSS BUNS

3 cups milk.
1 cup soft yeast or
1 cake compressed yeast dissolved in 1 cup water.
½ cup melted butter.
1 cup sugar.
½ nutmeg.
1 saltspoonful salt.
Flour to make soft dough.

Mix milk, yeast and add flour to make a thick batter. Set as a sponge over night. In the morning add melted butter, sugar, nutmeg, grated, salt. Add sufficient flour to make a soft dough. Form into balls, flatten out with the hand, and mark deeply in the form of a cross with the back of a knife. Lay on buttered tins, and set to rise, and bake when light. Some cooks add a teaspoonful of coriander seeds.

OATMEAL PUFFS

½ pt. oatmeal.
½ pt. graham flour.
½ pt. wheat flour.
1 pt. sweet milk.
1 teaspoonful sugar.
½ teaspoonful salt.
2 teaspoonfuls baking powder.
3 eggs, well beaten.

Sift together oatmeal, graham flour, wheat flour, one teaspoonful sugar, one-half teaspoonful salt, two teaspoonfuls baking powder; add well-beaten eggs, one pint sweet milk. Mix into a thin batter, then half fill well-greased gem pans, and bake in hot oven ten to fifteen minutes. Serve hot.

YEAST RUSKS

½ pt. sweet milk.
1 teacup yeast or
1 compressed yeast cake.
2 eggs.
1 cup butter.
½ cup sugar.
1 teaspoonful soda.
A little nutmeg.

Mix milk, yeast, and two eggs with flour to stiff batter and raise. Then add butter, sugar, soda, little nutmeg; let rise again; then knead and mould into shape; let rise and bake; when done wet top with eggs, sprinkle with sugar, and return to oven again for a moment. Serve hot.

DRIED RUSKS

Make as above with yeast. When ready to bake, roll out one inch thick. Cut in round cakes with a biscuit cutter, and arrange in a buttered baking-pan in two layers, one laid carefully upon another. Butter slightly between them. Let rise half an hour, and bake. When done, lift apart and throw loosely in the pan. Put in the oven when the fire is low, and leave all night; when sufficiently dried and

browned, put in a clean muslin bag and hang up in the kitchen. It will be at least three days before they are ready to use. To serve, put as many as desired in a deep dish, and pour cold milk over them. When soft, drain and eat with butter or cream. Good with coffee, served dry; nice for invalids. Will keep for weeks. Rusks baked in the ordinary form can be sliced lengthwise in two or three slices, after they have cooled, and dried in the same way.

GRAHAM GEMS

Mix graham flour with milk to form a stiff batter; add a pinch of salt and one egg. Bake in gems, hot and well greased. To make strictly hygienic, mix the batter with water instead of milk; omit the egg, and add one tablespoonful of sugar or molasses to aid in browning the gems. A very quick oven must be used in this last way.

Butter the gem-pans carefully, first heating them on the stove. Put a little butter in the bottom of each one. It will melt and rise up on the sides as the batter is dropped in. Fill the pans two-thirds full, leaving room to rise. Bake about twenty minutes.

APPLE GEMS

4 sour apples.
1 egg.
¼ cup molasses.
1½ cups cornmeal.
1½ cups flour.
½ teaspoonful soda.

Chop apples very fine; stir into them beaten egg, molasses, cornmeal and sifted flour; dissolve soda in warm water and add it, using enough water to thin batter. Bake in buttered gem-pans in a moderate oven.

APPLE JEMS

GRAHAM GEMS (WITH BAKING POWDER)

1 tablespoonful butter.
1 beaten egg.
1 cup milk.
2 tablespoonfuls sugar.
2 teaspoonfuls baking powder.
Graham flour for good batter.

Bake as above. A change in this may be made by taking one cup of sour milk instead of sweet, and half a teaspoonful of soda. (Take a level teaspoonful of soda, flatten it over with a knife, and cut in smoothly in half.) Bake as before. Tear gems open with a fork, and butter.

OATMEAL GEMS

1 cup oatmeal.
1 cup water.
1 cup sour milk.
1 cup flour.
¾ tablespoonfuls soda.
½ tablespoonful salt.
1 tablespoonful butter.
2 tablespoonfuls sugar.

Oatmeal soaked over night in one cupful of water. In the morning, add sour milk, flour, soda, salt, butter, and sugar. Mix, and bake in hot, well-buttered gem-pans. If too moist, add a little more flour. One cupful of sweet milk, and one teaspoonful of baking powder can be used instead of sour milk and soda.

WHEAT GEMS

1 qt. flour.
1 qt. milk.
4 eggs.
1 teaspoonful salt.
2 teaspoonfuls (small) butter.

Sift the flour with the salt; stir the milk in smoothly. Beat the yolks and whites well and separately; stir first the yolks in the milk and flour, then the whites, then the melted butter. Half fill the gem-pans and bake in a deep

pan or on a baking-sheet in a moderate oven for twenty-five minutes; if baked in earthen cups, forty-five minutes. Let them be thoroughly baked, or they will fall on being taken from the oven.

POTATO SCONES

Half a dozen large boiled potatoes, mash carefully and salt; knead potato with a little flour, form into scones an inch thick. Bake in moderate oven and prick to prevent blistering. Split and butter plentifully, and serve at once, piping hot.

RICE MUFFINS

1 scant cup boiled rice.
1 egg.
1 tablespoonful sugar.
A little salt.
1½ cups milk.
1½ cups flour.
1 teaspoonful baking powder.
1 tablespoonful melted butter.

CORNMEAL MUFFINS

Three-quarters of a cup of butter, two eggs, one cup of milk, three-quarters of a cup of cornmeal, two cups of flour, half a cup of sugar, three teaspoonfuls of baking powder, a little salt. Bake in muffin tins.

RYE GEMS

One pint of warm milk with one teaspoonful of soda dissolved in it, a pinch of salt, two eggs, well beaten. Rye flour enough to make a thin batter. Bake in gem-pans.

MUFFINS

Muffin rings should be well greased, filled two-thirds full and baked upon a well-buttered griddle upon the stove, turning ring and all with a pancake shovel when one side is done to brown the other. Or the rings may be filled and

set in a buttered pan and baked in the oven. Turning will not be necessary. Muffin rings two and a half inches across and one and a half inches deep are the most convenient size. Gem irons can also be used. Occasionally the same recipe can be dropped in spoonfuls on a griddle and baked, turning over with a pancake shovel. This is nice when haste is necessary. Tear open and butter.

MUFFINS, PLAIN

3 cups flour.
1 cup water.
1½ cups sweet milk.
3 teaspoonfuls butter.
2 tablespoonfuls sugar.
3 teaspoonfuls baking powder.

Mix the sugar and shortening to a cream, add the liquid, then sift the flour and baking powder into it. Beat well, heat gem irons hot, grease, fill nearly full, and bake in hot oven twenty minutes. An egg is used sometimes. Sour milk and soda may be substituted, three-quarters teaspoonful of soda.

RAISED MUFFINS

4 cups flour.
1½ pts. milk.
1 teaspoonful lard.
2 eggs.
½ teacup yeast.

Sift the flour into a pan with a pinch of salt; warm the milk and add lard, and stir into the flour. Beat the eggs light, add to the mixture. When thoroughly mixed add yeast. Set to rise about three hours before using, and when very light bake in muffin rings in a quick oven. These muffins must be served the instant they come from the oven. The muffin rings can be put on a griddle and baked also by turning the rings over with a pancake turner. If wanted for breakfast set over night. Tear the muffins open when done, put a bit of butter in each and keep warm until

served. Never cut them. Graham muffins can be made the same way.

ENGLISH BREAKFAST MUFFINS

3 level teaspoonfuls butter.
2 eggs.
1 pt. milk.
3 cups flour.
1 teaspoonful salt.
2 teaspoonfuls baking powder.

Soften the butter, add to it the yolks of two eggs; beat; add milk; mix; add flour, salt and baking powder; beat well; stir in well-beaten whites, bake in quick oven twenty-five minutes in well-greased rings.

WAFFLES

The first essential to success in waffles is a well-fitting waffle-iron. The waffle-iron should fit tightly over the stove-hole. There should be no space in which to admit a draught of air around the waffle-iron to the fire; yet there should be space enough for it to turn easily.

Heat the irons thoroughly before beginning to bake. They should be as hot as a griddle. Grease the waffle-irons with a piece of beef suet. Be sure that the side of the iron on which the batter is to be poured is extra hot, and as soon as the first waffles are put in it and the iron is closed, turn it. This method insures their baking on both sides. Fill two-thirds full of the batter. As soon as they are baked, lay them on a plate, butter them, lay another over them, and serve them.

SAVORY FRIED BREAD

Cut slices of stale loaf bread about half an inch thick, shape them like chops, soak the slices in a rich, well-seasoned vegetable stock until nearly saturated with it—don't allow them to become too soft—then dip in beaten egg mixed with a little milk and fry in butter until a nice

brown. Serve with tomato sauce or around a dish of stewed tomatoes.

PANCAKES

2 cups sour milk.
2 teaspoonfuls soda.
1 teaspoonful salt.
2 eggs.

Mix all together and beat; then take out a cupful and mix your flour in. Mix them thicker than you want them, then thin the mixture with the cupful taken out. Make batter quite thin.

PANCAKES

Nine eggs beaten very light, flour enough to make very stiff and two tablespoonfuls of ginger; a little salt. Milk enough to make a nice thin batter.

CORNMEAL GEMS

Cornmeal, three-quarters of a cup; flour, two cupfuls; sugar, half a cupful; butter, half a cupful; two eggs; milk, one cupful; three tablespoonfuls baking powder, a pinch of salt. Bake in gem-pans.

SPANISH BUN

Yolks of 3 eggs.
1 cup brown sugar.
1 teaspoonful cinnamon.
½ cup butter.
A pinch of salt.
¾ cup milk.
Flour to make batter.
Icing:
Whites 3 eggs and 1 cup brown sugar.

Bake in moderate oven.

Icing for Spanish Bun.—Beat five minutes; spread on the cake; put in the oven and brown.

POTATO CAKES

1 doz. potatoes.
2 cups milk.
½ cup butter (melted).
A little salt.
Flour to make stiff enough to roll.
1 cup yeast or ½ cake Fleischmann's.

Boil and mash potatoes, add milk, salt, melted butter; when cool enough add yeast (home made, or one-half cake Fleischmann's); flour to make stiff enough to roll out and cut in squares. If wanted for tea make up in the morning and leave to rise. They bake about like biscuits.

PARKER HOUSE ROLLS

2 qts. flour.
1 pt. milk.
2 tablespoonfuls sugar.
1 yeast cake.
4 tablespoonfuls lard.
A little salt.

Mix at 9 o'clock with half of the flour; at 12 stir in rest of flour; at 2.30 knead well; at 3.30 roll about a quarter of an inch thick, cut and spread lightly with melted butter, and double over. Let them rise until 5.40, and then bake twenty minutes in quick oven.

SALLY LUNNS

1 qt. flour.
Butter size of egg.
3 tablespoonfuls sugar.
2 eggs.
1 teaspoonful baking powder.
Little salt.
2 cups milk.

Stir well together; add two eggs not beaten, two cups milk. Mix all. Bake in muffin rings.

BUTTERMILK PANCAKES

One quart flour, one egg, half cup of brown sugar, a little salt, one teaspoonful baking powder, four cups butter-

milk. Mix well and drop with a spoon on a hot greased pan or griddle.

RICE GRIDDLE CAKES

Boil one cup of rice. Beat together three eggs, adding three cups of milk with the rice, and sift into this half a cup of flour to which a pinch of salt and baking powder has been added. Fry and serve immediately.

FRUIT PIN WHEELS

1 pt. flour.
1 tablespoonful sugar.
2 teaspoonfuls baking powder.
2 tablespoonfuls butter.
½ pt. milk.
1 cup currants.
A little nutmeg.

Mix sifted flour, sugar, salt, and baking powder. Rub in butter, and mix into a moderately stiff dough with half a pint of milk. Sprinkle the pastry board with flour, turn out the dough and roll it to a large square about half an inch thick. Spread a large spoonful of slightly melted butter on this, and then one cupful of Demarara sugar, and one cupful of well-cleaned currants, grate a little nutmeg over the sugar and currants and roll up just like a jelly roll or "rolypoly." Cut the roll into slices about three-quarters of an inch thick, and place them upon a well-buttered baking shell or tin, but do not let the slices touch each other. Bake in a very quick oven for ten or twelve minutes.

POP OVERS

One cup milk, one cup flour, one egg, little salt. Bake in muffin tins twenty minutes.

CORN CAKE

Large ½ cup corn meal.
1 cup flour.
2 tablespoonfuls sugar.
A little salt.
1 egg.
1 cup sweet milk.
1 teaspoonful cream tartar.
½ teaspoonful soda.

Sift soda and cream tartar into flour. Bake twenty minutes.

GRAHAM GEMS

One cup of milk, one egg, one tablespoonful of sugar, one teaspoonful of cream-tartar, half a teaspoonful of soda, one and a half cups of Graham flour. Salt.

WAFFLES

Small cup and a half of milk, one cup of flour, one egg; mix in flour one teaspoon of baking powder, one-half teaspoon of salt. Grease iron (special iron for waffles) well and have hot.

BREAD STICKS

(Very good and most digestible for dyspeptics.)

Use the bread sponge once raised only, form into sticks four inches long and one-half inch thick and bake till hard. A bundle of these tied in white tissue paper with narrow white ribbon and given to a friend who is to take a journey, will be found most acceptable.

WRITTEN RECIPES

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TOAST

Toast should be made of stale bread, or at least of bread that has been baked a day. Cut smoothly in slices, not more than half an inch thick; if the crust is baked very hard, trim the edges and brown very evenly, but if it happens to burn, that should be scraped off. Toast that is to be served with anything turned over it, should have the slices first dipped quickly in a dish of hot water turned from the boiling tea-kettle, with a little salt thrown in. Cold biscuits cut in halves, and the under crust sliced off, then browned evenly on both sides, make equally as good toast. The following preparations of toast are almost all of them very nice dishes, served with a family breakfast.

MILK TOAST

1 qt. milk.
1 tablespoonful butter.
1 teaspoonful salt.
1 teaspoonful flour.
Slices toasted bread.

Put milk over the fire, put into it cold butter, stir a heaping teaspoonful of flour into half a gill of milk; as soon as the milk on the fire boils, stir in the flour, add salt; let all boil up once, remove from the fire, and dip in thin slices of toasted bread. When all are used up, pour what is left of the scalded milk over the toast. Cover, and send to the table hot.

CREAM TOAST

1 pt. milk.
Butter size of egg.
1 egg.
1 tablespoonful flour.
1 cup rich cream.
Slices of toast.

Heat to boiling, and add butter; stir flour smoothly into cream, and add some of the boiling milk to this; heat it gradually and prevent the flour from lumping; then stir into the boiling milk, and let it cook a few moments; salt to taste. After taking from the fire stir in a beaten egg; strain the mixture on to toast lightly buttered.

AMERICAN TOAST

To one egg thoroughly beaten, put one cup of sweet milk, and a little salt. Slice light bread and dip into the mixture, allowing each slice to absorb some of the milk; then brown on a hot, buttered griddle or thick-bottom frying-pan; spread with butter, and serve hot.

NUN'S TOAST

4 or 5 hard-boiled eggs.
Butter size of egg.
1 onion, chopped.
1 teaspoonful flour.
1 cup milk.
Hot buttered toast.

Cut eggs into slices. Put butter into a sauce-pan, and when it begins to bubble add a fine chopped onion. Let the onion cook a little without taking color, then stir in flour. Add milk, and stir until it becomes smooth, then put in the slices of eggs and let them get hot. Pour over neatly trimmed slices of hot buttered toast. The sauce must be seasoned to taste with pepper and salt.

FRENCH TOAST

Slice bread as for ordinary toast. Beat one egg well, add to it two cupfuls milk. Soak a slice of bread in the egg and milk, then fry it in butter, turn until nicely toasted on both sides, sprinkle white sugar over it. You may serve it separately, or place one slice above another. This is an impromptu dessert easily and quickly made.

HAM TOAST

¾ cup boiled ham.
2 tablespoonfuls milk.
1 tablespoonful butter.
2 eggs.
Pepper.

Put milk and butter in a saucepan, let them come to a boil, and add the ham, pepper and eggs beaten light, stir constantly till it thickens. Serve on squares of buttered toast.

WRITTEN RECIPES

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SANDWICHES

The good housekeeper is never at a loss for sandwich-filling. If her larder is depleted of meat, she turns to eggs; if the hens are not complaisant, there is still the worthy cheese, the goodly cucumber, the crisp lettuce, the homely cress. Marmalade jam and jelly are generally to be secured, and honey is not always inaccessible. In short, the sandwich is a joy forever in the subtleness of its interior. Beautiful effects may be secured in coloring, pink, yellow, green and red sandwiches being very easily arranged. For a crimson sandwich there is mashed beetroot, for a vermillion shade tomato catsup, for a deep or lighter yellow, pounded cheese or egg yolks, and for green, lettuce, cress, parsley and pistachio nuts. Salmon sandwiches or minced ham are pink, and cream cheese white. The lot may be combined in rainbow effect with great success. Of course one-day old bread of fine, firm texture is the first consideration. The best of butter, a little softened so as to spread perfectly, and the most careful cutting into shape and size exactly. A few tasty recipes for sandwiches not quite common are:

CHEESE AND HONEY

Spread cream cheese on daintily cut and buttered slices, then spread scantily run honey on the cheese, or mix cheese and honey and spread together. Specially good for afternoon teas.

HAM AND CHUTNEY

One cup finely minced lean ham, one or two tablespoonfuls chutney. Mix and spread on buttered slices of home-made bread.

CHEESE AND MUSTARD SANDWICHES

Pound and mix together one cup of broken cheese and a teaspoonful of made mustard. Add a tiny drop of cream if not soft enough. Salt and a dash of pepper. Spread on thin buttered slices.

LETTUCE SANDWICHES

Place leaf of lettuce, or portion thereof, between buttered slices, with a small dressing of mayonnaise, and keep very cold till ready to use.

SAVORY SANDWICHES

Pound hard boiled yolk of eggs, and if necessary pass through sieve. Add a seasoning of salt, pepper, French mustard and a little melted butter. Spread on thin crackers and serve with celery and ale or beer.

OLIVE SANDWICHES

Mash cream cheese very fine. Chop olives also very small. Spread cheese on buttered bread and sprinkle chopped olives over it.

CRIMSON SANDWICHES

Take dark-colored, cold boiled beet-root and pass through a fine sieve. Flavor with a little tabasco sauce. Spread on very white buttered slices, so that the color shows well at edges.

EASTLAWN OYSTER SANDWICHES

Thin glutinous brown bread, well buttered. A cupful of oysters bearded and dried on a napkin. Cut oysters fine with knife (do not chop), season with cayenne, a little salt and squeeze lemon-juice over. Then spread sparingly on

SALAD SANDWICHES

the brown bread and set on the ice till wanted. Very wholesome and delicious for supper.

GREEN SANDWICHES

Chopped parsley and a finely cut white loaf. Butter slices and sprinkle with parsley, and pile sandwiches crosswise on plates, decorate with a sprig of parsley in centre of pile. The parsley may be tossed in a very little onion-juice if relished.

YELLOW SANDWICHES

Yolks of eggs well pounded, color deeply with a trifle of annatto, and season with pepper and salt. Spread on thin buttered bread and serve on plate covered with a fringed yellow tissue paper mat.

TOAST SANDWICHES

Toast very carefully thin stale bread. Spread with cream while hot and place between thin slices of buttered bread. Some add a dash of nutmeg to the cream and sweeten it a very little. These sandwiches should be cut in oblong fingers, and are very good eating.

SALMON SANDWICHES

Canned salmon, pounded and mixed with a little mayonnaise; season with a dash of cayenne and spread on thin buttered bread.

All meats, fish or game, used for sandwiches should be pounded or minced and spread, never sliced, and the dressing should be mixed with the meat and spread together.

JAM SANDWICHES

Bake very thin fingers of nice pastry and when cold spread daintily on the top of each finger a very little rich

jam or jelly. Serve laid in star fashion on a large flat plate.

SMART SANDWICHES

Mix with some smoothly pounded cheese a tablespoonful of Worcester sauce, and spread on buttered slices.

HABITANT SANDWICHES

Prepare buttered slices from roll loaf. Pare large apples and slice through that each slice may fit on bread; remove the seeds and core, and after placing on lower slice sprinkle a trifle of cheese over the apple, or spread with a rich mayonnaise. This is a very tasty "bonne bouche."

CELERY AND CHEESE SANDWICHES

Chop cheese and celery together fine; toss in a little mayonnaise and spread between thin buttered slices.

SWISS CHEESE SANDWICHES

Procure porous, leathery Swiss cheese and shave into thinnest slices. Spread with a little French mustard and place between thin buttered bread. These sandwiches are not supposed to be "dainty," and should be cut a much larger size than others.

WALNUT SANDWICHES

Walnut meats with mayonnaise make very tasty sandwiches, so do chopped peanuts or pistachio. The bread should be rather close-grained, home-made. For all the foregoing sandwiches the crust is always cut from the loaf first. In choosing what sandwiches to make for certain occasions the suitability should be considered. Cheese isn't nice for afternoon tea, nor jam sandwiches for supper. A

meat sandwich should not be served with sweets, nor a highly spiced one at the end of a meal.

RAW BEEF SANDWICHES

For an impromptu supper with ale and celery men are very fond of the substantial above named. It is made of finely minced beef, seasoned well, and spread between rather thick slices of buttered bread.

ROLLED BREAD AND BUTTER

Rolled bread and butter is much preferable to flat slices for afternoon teas, as ladies may hold it without spoiling dainty gloves. Butter the loaf—not a fresh one—having first decrusted it with a very sharp knife; cut a slice as thin as possible and roll each slice with flat of hand—practice soon perfects. Pile the rolls log-fashion, or in a pyramid, on a doyley-covered bread plate; garnish daintily with parsley or cress.

HAM SANDWICHES

½ cup butter.
1 tablespoonful mixed mustard.
1 tablespoonful salad oil.
A little red pepper.
A pinch of salt.
Yolk of 1 egg.

Make a dressing of butter, mustard, salad oil, red or white pepper, salt, yolk of an egg; rub the butter to a cream, add the other ingredients and mix thoroughly; then stir in as much chopped ham as will make it consistent, and spread between thin slices of bread. Omit salad oil and substitute melted butter, if preferred.

HAM SANDWICHES, PLAIN

Trim the crusts from thin slices of bread; butter them, and lay between every two some thin slices of cold, boiled ham. Spread the meat with a little mustard, if liked.

CHICKEN SANDWICHES

Mince up fine any cold boiled or roasted chicken; put it into a saucepan with gravy, water or cream enough to soften it; add a good piece of butter, a pinch of pepper; work it very smooth while it is heating until it looks almost like a paste. Then spread it on a plate to cool. Spread it between slices of buttered bread.

SARDINE SANDWICHES

2 boxes sardines.
1 head lettuce.
Salt and pepper.
A little lemon juice.

Take sardines and throw into hot water, having first drained away all the oil. A few minutes will free the sardines from grease. Pour away the water and dry the fish in a cloth; then scrape away the skins, and pound the sardines in a mortar till reduced to paste; add pepper, salt, and some tiny pieces of lettuce, and spread on the sandwiches, which have been previously cut. The lettuce adds very much to the flavor of the sardines.

Or chop the sardines up fine and squeeze a few drops of lemon-juice into them and spread between buttered bread or cold biscuits.

WATERCRESS SANDWICHES

Wash well some watercress, and then dry them in a cloth, pressing out every atom of moisture, as far as possible; then mix with the cresses hard-boiled eggs chopped fine, and seasoned with salt and pepper. Have a stale loaf and some fresh butter, and with a sharp knife cut as many thin slices as will be required for two dozen sandwiches; then cut the cress into small pieces, removing the stems; place it between each slice of bread and butter, with a slight sprinkling of lemon-juice; press down the slices hard, and cut them sharply on a board into small squares, leaving no crust.

EGG SANDWICHES

Hard boil some very fresh eggs, and when cold, cut them into moderately thin slices, and lay them between some bread and butter cut as thin as possible; season them with pepper, salt and nutmeg. For picnic parties, or when one is travelling, these sandwiches are far preferable to hard-boiled eggs au naturel.

MUSHROOM SANDWICHES

Mince beef tongue and boiled mushrooms together, add French mustard, and spread between buttered bread.

CHEESE SANDWICHES

1 hard-boiled egg.
¼ lb. cheese, grated.
½ teaspoonful salt.
½ teaspoonful pepper.
½ teaspoonful mustard.
1 tablespoonful melted butter.
1 tablespoonful vinegar.

Take the yolk of the egg and put it into a small bowl and crumble it down, put into it the butter and mix it smooth with a spoon, then add the salt, pepper, mustard, and the cheese, mixing each well. Then put in the tablespoonful of vinegar, which will make it the proper thickness. If the vinegar is not relished, then use cold water instead. Spread this between two biscuits or pieces of oat-cake, and you could not require a better sandwich. Some people will prefer the sandwiches less highly seasoned. In that case, season to taste.

SAVORY SANDWICHES

1 cup chopped chicken.
1 slice boiled ham, minced.
3 tablespoonfuls butter.
½ teaspoonful mace.
A few drops onion juice.
A few spoonfuls oyster juice.

Mix chicken, boiled ham (minced), butter, mace, onion-juice into a soft paste with a few spoonfuls of oyster-liquor. Set in a saucepan of boiling water and stir until smoking hot. Set aside to get cold, and spread between thin slices of Graham bread.

TONGUE SANDWICHES

1 cup finely chopped tongue.
½ cup chopped boiled ham.
3 tablespoonfuls melted butter.
3 tablespoonfuls salad oil.
½ teaspoonful made mustard.
¼ teaspoonful paprica.
Yolk of 1 egg.

Mix tongue with ham, stir in melted butter beaten light with salad oil, mustard, and paprica. When the mixture is smooth and light set in a saucepan of boiling water over the fire and cook until it is thoroughly heated. Beat in the yolk of a whipped egg, take from the fire and set by until perfectly cold. Spread between thin slices of bread.

CREAM-CHEESE SANDWICHES

Rub together half a Philadelphia cream-cheese, a tablespoonful of butter, the powdered yolks of two hard-boiled eggs; season with salt and paprica and spread this between crackers—saltines, or water-thin biscuits, or "sea foams." Home-made cottage cheese can be substituted for the Philadelphia.

PIQUANT SANDWICHES

Cut bread very thin, buttering it lightly on the loaf. Upon each slice spread a filling made by mixing three hard-boiled eggs, minced extremely fine, with half their bulk of sharp green pickle chopped equally small. Season this compound with salt and pepper to taste, and work in a little butter. Lay another thin slice of bread, buttered side down, over this, and cut them into square and triangular sandwiches.

CELERY SANDWICHES

With a sharp knife cut white tender celery into bits a quarter of an inch long until you have a cupful. Mix with it two minced eggs that have been boiled twenty-five minutes, then left in cold water until they have cooled to the heart. Chop them fine and rub through a coarse sieve, work up well with the celery and beat in two tablespoonfuls of mayonnaise dressing. Spread between thin slices of buttered bread.

LETTUCE SANDWICHES

Cut thin slices from the end of a loaf of Graham bread, buttering before slicing. Cut these into rounds with a cake-cutter. Spread each slice with mayonnaise dressing and enclose between every two a leaf of crisp "heart" lettuce. Trim off the projecting edges of the leaves.

CRESS SANDWICHES

are made in the same way as lettuce sandwiches, above.

PEANUT SANDWICHES

Home made peanut butter for sandwiches demands fresh roasted peanuts made into a paste. First grind, or chop fine in the finest knife chopper. Mix this meat with a good oil mayonnaise. Spread it between folds of bread, like butter, for sandwiches.

PEANUT SANDWICHES

Crush the shelled peanuts divested of skins. Season with salt and mix to a paste with cream, or omit the salt and add to creamed butter.

WRITTEN RECIPES

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EGGS AND OMELETS

EGGS

There are so many ways of cooking and dressing eggs that it seems unnecessary for the ordinary family to use only those that are the most practical.

To ascertain the freshness of an egg, hold it between your thumb and forefinger in a horizontal position, with a strong light in front of you. The fresh egg will have a clear appearance, both upper and lower sides being the same. The stale egg will have a clear appearance at the lower side, while the upper side will exhibit a dark or cloudy appearance.

Another test is to put them in a pan of cold water; those that are the first to sink are the freshest; the stale will rise and float on top; or, if the large end turns up in the water, they are not fresh. The best time for preserving eggs is from July to September.

TO PRESERVE EGGS

There are several recipes for preserving eggs, and we give first one which we know to be effectual, keeping them fresh from August until spring. Take a piece of quicklime as large as a good-sized lemon, and two teacupfuls of salt; put it into a large vessel and slack it with a gallon of boiling water. It will boil and bubble until thick as cream; when it is cold, pour off the top, which will be perfectly clear. Drain off this liquor, and pour it over your eggs; see that the liquor more than covers them. A stone jar is the most convenient—one that holds about six quarts.

Another manner of preserving eggs is to pack them in a jar with layers of salt between, the large end of the egg downward, with a thick layer of salt at the top; cover tightly, and set in a cool place.

Some put them in a wire basket or a piece of mosquito net, and dip them in boiling water half a minute; then pack in sawdust. Still another manner is to dissolve a cheap article of gum arabic, about as thin as mucilage, and brush over each egg with it; then pack in powdered charcoal; set in a cool, dark place.

Eggs can be kept for some time by smearing the shells with butter or lard; then packed in plenty of bran or sawdust, the eggs not allowed to touch one another; or coat the eggs with melted paraffine.

OMELET

(Half will make nice sized omelet.)

6 eggs.
2 tablespoonfuls flour.
1 teaspoonful baking powder.
1 cup milk.
A pinch of salt.

Beat eggs separately. Add to beaten yolks the flour, baking powder, milk, salt. Put the whites in last; have frying-pan hot, and put in butter; when melted cook batter as quickly as possible after the whites are added; do not turn, but place in hot oven to cook top.

OMELET

Two eggs, whites and yolks beaten separately, two teaspoons cornstarch, one-quarter teaspoon baking powder, three tablespoons of milk, season to taste; stir in whites last.

ANCHOVY EGGS

2 hard-boiled eggs.
1 teaspoonful anchovy paste.
2 oz. butter.
A few grains cayenne.
Pepper and salt.

Cut the eggs in half and take out the yolks very carefully; cut a small slice from the end of the whites. Pound together the yolks, butter and anchovy paste; add seasoning and fill the whites with the mixture.

GERMAN OMELET

4 eggs.
4 teaspoonfuls cornstarch.
½ pt. milk.
Salt (and celery salt if preferred).

Beat eggs separately. Mix beaten yolks, milk, cornstarch and seasoning and divide into two parts. Pour half into a hot buttered frying-pan and cook slowly. When beginning to set, put on the top of the omelet half the beaten whites, and when cooked turn over so that the white of the eggs is enrolled in the omelet. Serve very hot, with brown side up; proceed in the same manner with the remaining half.

CHEESE OMELET

One cup of milk, one tablespoonful of flour, half a teaspoonful of baking powder in the flour, one tablespoonful of grated cheese, four eggs, yolks and whites beaten separately, one tablespoonful of melted butter; salt, pepper (cayenne), to taste. Half cook in the spider, then spread on the whites. Cook on the top of the stove for about ten minutes, then put in the oven to brown.

SAVORY EGGS

Savory eggs is a dainty made as follows: Boil some eggs quite hard, shell them, cut in halves and take out the yolks.

Pass through a sieve, mix with chopped ham, parsley, a little bit of onion, pepper and salt and a little cream. Then put back in the whites. Place on little rounds of bread and butter and serve cold.

OMELET OF MUSHROOM OR POTATO

Omelet of mushroom or potato chopped very fine is excellent. Make an ordinary egg and cream omelet and as soon as it is set sprinkle the finely chopped scalded mushroom or hot-cooked potato cut fine, and fold the omelet over once and dish immediately.

OMELET

6 eggs.
1 cup milk.
Pepper and salt.

Beat eggs very light, the whites to stiff froth, the yolks to a smooth, thick batter; add to yolks a small cupful of milk, pepper and salt, lastly pour in whites lightly. Have ready in hot frying-pan a good lump of butter. When it sizzles pour in lightly your mixture, setting over clear fire; do not stir, but, as eggs set, slip broad-bladed knife under the omelet to guard against burning. If your oven is hot you may put your frying-pan into it as soon as the middle is set. Serve with brown side of omelet up.

STEWED EGGS

2 Spanish onions.
4 hard-boiled eggs.
2 tablespoonfuls butter.
2 tablespoonfuls flour.
¾ pt. milk or cream.
Salt, pepper and nutmeg.

Fry onions, sliced in butter in a covered pan till very tender, but do not brown; add flour and mix well, then add milk and stir until thickened; season, add eggs cut in quar-

ters; simmer ten minutes and serve with garnish of fried strips of bread.

EGGS STEWED IN CREAM

Boil one pint cream, add ten whole black peppers. When boiling add six eggs; let cook on top of stove five minutes, then bake in oven ten minutes. Add pinch of salt and serve from same dish.

OYSTER OMELET

Parboil a dozen oysters in their own liquor, skim them out, and let them cool; add them to the beaten eggs, either whole or minced. Cook the same as a plain omelet. Thicken the liquid with butter rolled in flour; season with salt, cayenne pepper and a teaspoonful of chopped parsley. Chop up the oysters and add to the sauce. Put a few spoonfuls in the centre of the omelet before folding; when dished. Pour the remainder of the sauce around it.

FISH OMELET

Make a plain omelet, and when ready to fold, spread over it fish prepared as follows: Add to a cupful of any kind of cold fish, broken fine, cream enough to moisten it, seasoned with a tablespoonful of butter; then pepper and salt to taste. Warm together.

ONION OMELET

Make a plain omelet, and when ready to turn spread over it a teaspoonful each of chopped onion and minced parsley; then fold, or, if prepared, mix the minces into the eggs before cooking.

JELLY OMELET

Make a plain omelet, and just before folding together, spread with some kind of jelly. Turn out on a warm platter. Dust it with powdered sugar.

WRITTEN RECIPES

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SALADS

Everything in the make-up of a salad should be of the freshest material, the vegetables crisp and fresh, the oil or butter the very best, meats, fowl and fish well cooked, pure cider or white-wine vinegar—in fact, every ingredient first-class, to insure success.

WINTER SALAD

2 cups chopped cabbage.
1 cup chopped boiled beets.
1 cup chopped celery.
½ teaspoonful dry mustard.
2 hard-boiled eggs.
1 tablespoonful horseradish.
1 tablespoonful brown sugar.

Mix all together; break an egg in a sauce-pan, add half cup of vinegar, butter size of walnut; stir over fire till thick; do not boil; pour over salad, toss lightly, and serve cold.

SALAD DRESSING

4 eggs.
1 tablespoonful sugar.
1½ tablespoonful mixed mustard.
½ teaspoonful salt.
½ teaspoonful pepper.
1½ cups cold water.
½ cup vinegar.
Butter size of egg.

Beat four eggs together, add sugar, mixed mustard, water, vinegar, butter melted, salt and pepper; cook over steam until it thickens.

MALAGA SALAD

Celery, nut meats, and Malaga grapes make a delicious salad. Cut grapes in halves and seed them. Cover with dressing.

PINEAPPLE SALAD

To two cups shredded pineapple add one cup chopped celery and one sweet red pepper, cut into dice. For dressing use mayonnaise cream dressing. Serve very cold on lettuce hearts, garnished with nut meats.

MAYONNAISE

Yolks of three eggs, one gill of best Lucca oil, two tablespoons vinegar, a little salt. Stir yolks and salt in bowl with wooden or silver spoon; drop in oil and vinegar alternately in small quantities, always stirring vigorously. This mayonnaise should be thick and velvety if carefully mixed. Take half an hour to it.

RUSSIAN SALAD

All sorts of cooked vegetables, cut neatly in small dice, balls, cubes, no matter how many sorts of vegetables, in equal proportion. Some capers, pickled gherkins, cut into shreds; olives for garnish. Three parts of oil to one of vinegar, salt and pepper as desired. Toss vegetables in this dressing. The salad may be piled on a china stand, and its success will depend a good deal on the taste of the maker in garnishing it. Shreds of any cold game, fowl, smoked salmon, lobster coral, anchovy, olives, hard-boiled eggs, parsley, lettuce, or celery tops, with fancy stars of beetroot may be employed for producing a pretty effect.

SALAD DRESSING

6 eggs.
3 tablespoonfuls sugar.
1 teaspoonful mustard.
½ cup rich cream.
½ cup vinegar.
Dash of cayenne.
Salt to taste.

Mix the vinegar, sugar, mustard, pepper, and stir in the egg well beaten; will take nearly five minutes; cook all in a double boiler, stirring constantly; when cold add the cream and salt. This makes a pint and will keep for weeks.

LOBSTER SALAD

One can of lobster, cut quite fine (not chop). Break the leaves from a head of lettuce, let stand in a pan of ice cold water till crisp; lay the leaves on a board and shave fine; just before serving mix the lettuce, lobster and half a cup of dressing together lightly with a fork; arrange some lettuce leaves on a dish and put the mixture in the centre. This is an exceedingly inviting dish.

MAYONNAISE

¼ pt. cream.
Yolks of 3 eggs.
½ teaspoonful salt.
1 teaspoonful mustard.
½ teaspoonful pepper.
3½ tablespoonfuls white wine vinegar.

Mix beaten yolks with other ingredients, pour the cream in last, and put on the stove, stir all the time until it is well scalded, pour into a jug. Nice to eat with sliced tomatoes, salmon or lettuce.

CHICKEN SALAD

2 qts. cooked chicken (cut in dice).
1 qt. celery (cut in ½-inch pieces).
4 tablespoonfuls vinegar.
2 tablespoonfuls oil.
1 teaspoonful salt.
½ teaspoonful pepper.

Place chicken in an earthen bowl, and season with vinegar, oil, salt and pepper. Set away in a cold place for two or three hours. Put minced celery in the ice-box until serving time. Make the mayonnaise dressing. Mix the chicken and celery together, and add half the dressing. Arrange in a salad bowl or on a flat dish, and pour the remainder of the dressing over it. Garnish with white celery leaves.

SALAD DRESSING

Yolks 4 eggs.
½ cup sugar.
½ teaspoonful each salt, pepper and mustard.
1 tablespoonful butter.
½ cup cream.
⅓ teaspoonful cayenne.
½ pt. of vinegar.

To the well-beaten yolks add sugar, salt, mustard and black pepper, cream and cayenne pepper. Beat all these thoroughly, then take vinegar and heat; when hot add butter. Pour this over the mixture, boil up and when cold put into large-mouthed bottles. This will keep many weeks in a cool place.

SALAD DRESSING WITHOUT OIL

Yolks of 11 eggs.
3 teaspoonfuls salt.
3 teaspoonfuls mustard.
1½ cups vinegar.
9 teaspoonfuls sugar.

In a double boiler put the yolks of eggs, salt, mustard, and sugar; stir well, then add vinegar (not too strong); cook till quite thick, stirring all the time. When suffi-

ciently cooked take from the fire and beat with an egg-beater until cool. This will keep for weeks. When required to use add cream to thin.

OYSTER SALAD

4 doz. or 1 pt. small oysters.
½ pt. chopped celery.
For dressing:
4 tablespoonfuls butter.
1 tablespoonful flour (heaping).
½ cup vinegar.
1 cup milk.
3 eggs.
1 teaspoonful mustard.
2 teaspoonfuls salt.
1 tablespoonful sugar.
A pinch of cayenne.

Pick over and cut oysters in half, and parboil in the liquor and add chopped celery. Dressing.—Put butter into double boiler, melt without browning, add flour, and stir till smooth, add milk, beat eggs without separating, salt, mustard, sugar, vinegar and cayenne. Before adding vinegar, mix dry materials, add to the milk, return to fire and cook for five minutes.

TOMATO SALAD

1 qt. can tomatoes.
2 bay leaves.
Juice ½ small onion.
A pinch of cayenne.
1 teaspoonful celery salt or celery tops and salt.
1 tablespoonful lemon juice.
¾ box gelatine.

Put tomatoes, bay leaves, salt, celery, onion and pepper in pan on stove. Stew gently for three hours. Soak gelatine in one cup of cold water for half an hour, add it and one tablespoonful lemon juice to tomatoes, and strain into moulds. If tomatoes are very thick when opened, add a little water to them.

TOMATO JELLY

1 can tomatoes.
1 teaspoonful cinnamon.
1 onion.
1 bay leaf.
2 tablespoonfuls vinegar.
Salt and pepper.
1 tablespoonful gelatine.

Cook till tomatoes are soft, then strain. Dissolve one tablespoonful gelatine in half a cup of cold water, pour the tomatoes over the gelatine while hot. Pour into moulds and cool. Sauce for tomato jelly.—One tablespoonful grated horseradish, four tablespoonfuls whipped cream, two tablespoonfuls of vinegar. Salt and cayenne to taste.

SALAD DRESSING

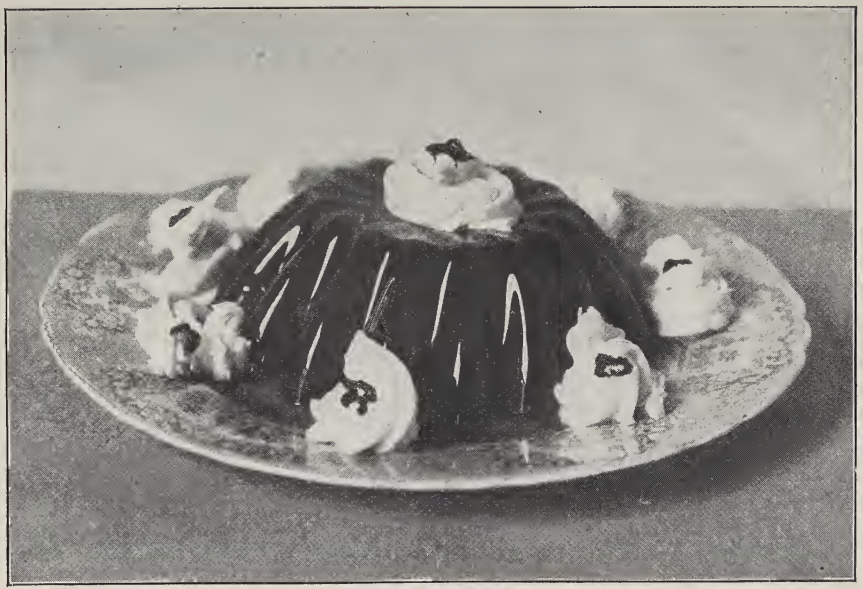
2 teaspoonfuls sugar.
½ teaspoonful salt.
1 tablespoonful mustard.
¼ cup milk.
½ cup vinegar.
2 eggs.
Butter size of egg.

Take all ingredients and mix together (without vinegar), and put in double boiler and let it come to boil, stirring constantly. Then add vinegar and come to boil again. If too thick when cold add cream to thin it. Will keep for a long time.

BOILED SALAD DRESSING

1 tablespoonful butter.
½ tablespoonful flour.
½ teaspoonful salt.
2 teaspoonfuls lemon juice.
1 teaspoonful mustard.
1½ tablespoonfuls sugar.
Yolks 2 eggs.
1½ cups vinegar.
Dash of cayenne.

Mix dry ingredients and add to yolks of eggs slightly beaten; beat butter and flour to a paste and put on stove till it bubbles, then add vinegar, stir in egg, take from stove



TOMATO JELLY

and beat in as much whipped cream as is necessary to make desired consistency; add lemon last, slowly.

POTATO SALAD

One pint sifted hot potatoes, butter size of an egg, one-quarter teaspoon mustard, one-half teaspoon salt, shake of pepper, one egg lightly beaten. Cream together, then add a little vinegar or lemon-juice.

POTATO SALAD

Cut up five or six potatoes in small pieces and if you have fresh onion or cucumber mix a few pieces up with them (cut very finely). For the dressing take one cup vinegar, two tablespoonfuls sugar, two eggs, one teaspoonful dry mustard, a little pepper and salt. Put on the stove and stir all the time till thick. If too thick add a little cream when cold. Pour over the potatoes an hour or two before using.

CABBAGE AND CELERY SALAD

Mix equal parts of fine cut celery and shredded cabbage together with one cup salad dressing. Mix half tablespoon each of salt and mustard and one cup sugar, add one egg slightly beaten and two and a half tablespoons butter.

CELERY SALAD

Two heads of celery, two sour apples, seven olives, all chopped up, not too fine. Mix a little mayonnaise dressing with it, pour over the top more mayonnaise dressing. Put chopped walnuts and capers over top. Hot-house cress around salad.

SALAD DRESSING

1 egg.
3 tablespoonfuls vinegar.
1 tablespoonful olive oil.
3 tablespoonfuls cream.
1 teaspoonful dry mustard.
½ teaspoonful salt.
1 teaspoonful sugar.

Beat all together, let come to a boil until of the consistency of thick cream. Serve when cold.

MAYONNAISE

Yolks of two eggs, one-quarter teaspoon salt, dash of cayenne, one cup of cold salad oil, added to the egg drop by drop, one tablespoon vinegar, one tablespoon lemon juice. If it curdles add it to another yolk.

MAYONNAISE

Yolk of 1 egg.
1 cup olive oil.
½ teaspoonful salt.
½ teaspoonful lemon juice.
Dash of cayenne.
¼ teaspoonful mustard.

Let oil and egg be thoroughly chilled before beginning to make the mayonnaise. Have the yolk entirely free from any white of egg, add drop by drop the oil. Success depends on adding oil slowly at first, afterwards it can be added in large quantities; when it has become a little thick alternate with a few drops of lemon juice; if mustard is liked add a quarter of a teaspoon.

ORANGE SALAD

Several oranges.
1 teaspoonful sugar.
3 tablespoonfuls olive oil.
1 tablespoonful lemon juice or vinegar.

Peel oranges, remove the inside skin, leaving the pulp as unbroken as possible. Make a very smooth French dress-

ing as follows: Mix sugar, olive oil, vinegar or lemon juice in the order given, adding oil and vinegar slowly. Place a little of the orange on a crisp lettuce leaf, pour over a little of the dressing and serve.

DRESSING FOR FRUIT SALAD

1 cup sugar.
½ cup water.
Yolks of 3 eggs.
Juice 2 lemons.

Boil sugar and water, five minutes, then pour on to the beaten yolks of eggs, return to the fire and cook over hot water, stirring constantly until thickened. Cool and add juice of two lemons. One-half cup wine may be used in place of the lemon-juice, retaining one tablespoonful of lemon-juice. Pour over the fruit salad and serve after being thoroughly chilled. Bananas, oranges, pineapple and strawberries make the nicest salad.

SARDINE SALAD

Mix sardines with equal quantity of mashed yolks of hard-boiled eggs. Arrange in nests of lettuce leaves and serve with mayonnaise.

EGG SALAD

Cut hard-boiled eggs in half, take out yolks, mash, add dressing and moisten. Season with celery salt, chopped mace, or parsley. Stuff whites with this, arrange in lettuce leaves and serve with mayonnaise.

SWEETBREAD SALAD

Parboil sweetbreads twenty minutes, drain and cool, cut in one-half inch cubes; mix with celery or cucumber; cut in small pieces, season with salt and pepper. Moisten with oil, and arrange on lettuce leaves or serve in cucumber shells.

NUT SALAD

Equal parts of English walnuts cut in pieces or chopped fine with celery and serve with mayonnaise.

SALAD DRESSING

4 eggs.
2 tablespoonfuls butter.
1 tablespoonful sugar.
1 teaspoonful salt.
1 teaspoonful mustard.
Pepper to taste.
2 cups milk or cream.
Vinegar to thicken.

Boil eggs hard; take the yolks and rub smooth with melted butter, salt, mustard, sugar, and pepper to taste. Add to this mixture milk or cream, stirring it in gradually, and enough vinegar to thicken it. Boil all together, stirring briskly—do not mind if it curdles—go on stirring till it gets quite smooth. If no cream is used a tablespoonful of cornstarch dissolved in the milk will help to thicken it to the consistency of batter. Use whites of eggs to garnish salad. This is excellent and never fails.

FRUIT SALAD

Equal quantities of grape fruit or oranges, apples and celery. Peel the grape fruit or oranges, carefully removing all the bitter white skin; cut the pulp with bananas and apples into small dice, and cut the celery fine as for other salads; put the orange and apple together; the latter will absorb the juice of the orange. Set all on ice—these fruit salads must be ice-cold. When it is time to serve mix the fruit and celery together, put into a salad bowl, cover with cream dressing into which has been stirred a third as much cream as there is dressing, and add a little more salt to it in mixing. Serve in a bed of tender lettuce leaves.

NORMANDY SALAD

NORMANDY SALAD

One pint of French peas, one pint of English walnuts, half a head lettuce and four nasturtiums. Use the small French peas. Pour them into a colander, rinse in cold water, drain and dry on a towel. Blanch the walnuts by letting them remain in boiling water for a few minutes, then cut into small pieces the size of the peas. Sprinkle them with salt, and mix together, with enough mayonnaise to hold together. Arrange on lettuce leaves, with bright yellow nasturtium here and there between the leaves. Then cover the nuts and peas with the remainder of the mayonnaise.

ORANGE AND WALNUT SALAD

Slice four peeled oranges lengthwise, dress with three or four tablespoonfuls of olive oil and one tablespoonful of lemon-juice. Arrange slices in a mound upon a layer of lettuce leaves. Dress one cupful of sliced nut meats with one tablespoonful of oil, a dash of salt and half a teaspoonful of lemon juice, and dispose upon the centre of mound. Mix together before serving.

SWEET POTATO SALAD

Three large sweet potatoes, two stalks celery and French dressing, olives and parsley. Boil the potatoes and cut into squares; add the celery cut small. Mix, and pour over French dressing. Garnish with olives and parsley.

BEAN SALAD

10 onions.
1½ pts. cold cooked beans.
1 teaspoonful pepper.
2 tablespoonfuls salad oil.
1 teaspoonful sugar.
1 scant cup vinegar.
1½ teaspoonful salt.

Peel and slice onions very fine. Pour cold water over them and press hard to remove the strong taste. Drain well. Have ready in the salad bowl cold boiled or baked beans, preferably the latter. Mix with them the minced onion, salt, pepper, salad oil, sugar and vinegar. Toss and mix with a fork lightly, but thoroughly, and garnish with olives, two hard-boiled eggs sliced and lettuce leaves.

SALAD DRESSING

1 egg.
1 tablespoonful brown sugar.
½ cup vinegar.
¾ cup milk.
1 teaspoonful mustard.
1 teaspoonful butter.
A little salt and pepper.

Beat egg, add dry ingredients and melted butter. Mix in gradually half a cup of vinegar and three-quarters of a cup of milk, then boil till thick. (Have quite cold before using.)

MAYONNAISE

4 eggs.
½ cup malt vinegar.
¼ teaspoonful cayenne.
2 teaspoonfuls mixed mustard.
¾ cup butter.
2 tablespoonfuls sugar.
2 teaspoonfuls salt.
2 cups cream.
4 tablespoonfuls tarragon vinegar.

Cook the eggs, vinegar and dry ingredients together in a double boiler till they form a thick custard. When cold add two cups cream and four tablespoons tarragon vinegar added drop by drop. Beat for ten minutes. Will keep a fortnight or longer in a cool place.

OYSTER SALAD

50 small oysters.
3 tablespoonfuls vinegar.
1 tablespoonful olive oil.
$\frac{1}{8}$ teaspoonful pepper.
$\frac{1}{2}$ teaspoonful salt.
1 pt. chopped celery.
1 cup mayonnaise.

Let oysters come to a boil (no more) in their liquor. Skim and strain. Season the oysters with vinegar, oil, pepper, salt, and place on ice for two hours. Cut finely the tender part of celery. When ready to serve mix this with the oysters and mayonnaise dressing. Arrange in bowl, garnish with olives and celery tips.

SALAD DRESSING WITHOUT EGGS

Butter size of walnut.
2 teaspoonfuls sugar.
1 saltspoonful salt and pepper.
1 teaspoonful mixed mustard.
$\frac{1}{2}$ cup cream or milk.
$\frac{1}{2}$ cup vinegar.

Put into a saucepan, butter, sugar, salt and pepper, mustard, cream or milk, and vinegar, thicken with a little cornstarch.

CHIFFONADE SALAD

2 large green peppers.
1 grape fruit.
3 large tomatoes.
1 head lettuce.

Cut open peppers, remove the seeds and veins and cut into shreds; drop into boiling water for one minute; drain and cool. Cut a grape fruit. Take out the pulp with a spoon and cut into bits. Peel tomatoes, and cut into small pieces. Shred lettuce finely. Marinade each article separately with a French dressing. Put the grape fruit pulp in the centre of the salad dish and arrange around it the prepared peppers,

tomatoes and lettuce in such a way as to display the different colors to the best advantage.

WALDORF SALAD

One quart apples cut in dice, one quart celery same size. Dress with rich creamy mayonnaise and serve very cold, on lettuce leaves.

GHERKIN SALAT (GERMAN)

Peel medium-sized cucumbers. Slice across as thin as possible into salted water, in which leave for several hours. Take out and drain, place in towel and wring gently until dry. Turn into salad dish and toss lightly in French dressing (oil, vinegar, salt and pepper), and sprinkle with finely chopped parsley.

HEISSER-KRAUT SALAT (GERMAN)

Slice as fine as possible half a hard crisp cabbage. Should be in shreds; put in frying-pan with butter and cook slightly, turning carefully. Pour over it vinegar and water and cover closely until cooked. Serve hot with boiled pickled pigs' knuckle that has been carefully and slowly cooked until almost jellied.

KARTOFFEL SALAT (GERMAN)

1 qt. cold boiled potatoes, diced.
2 onions, sliced.
1 tablespoonful minced parsley.
Salad dressing of oil, vinegar, salt and pepper.

Mix in salad bowl, dressing with vinegar, oil and seasoning of salt and pepper.

BEET SALAD

Boil half a dozen young beets, chop fine and pour over them warm vinegar with a little sugar in it. Slice very thin a couple of bunches of chives, and chop fine three stalks of celery. This will serve twelve people. In serving make a foundation of celery leaves, and on it place first the thin slices of chives, then a layer of beets, then chives, and sprinkle over them the chopped celery. Pour over all a salad dressing.

MAYONNAISE

1 teaspoonful mustard.
½ teaspoonful salt.
¾ cup olive oil.
Yolk of 1 egg.
Dash of cayenne.

Mix well. Then add drop by drop three-quarters cup of olive oil, beating constantly during mixing. If it grows too thick add two tablespoonfuls of vinegar. If it is to be used immediately add one-half cup of whipped cream.

WRITTEN RECIPES

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PICKLES

Pickles should never be put into vessels of brass, copper or tin, as the action of the acid on such metals often results in poisoning the pickles. Porcelain or granite-ware is the best for such purposes.

Vinegar that is used for pickling should be the best cider or white-wine, and should never be boiled more than five or six minutes, as it reduces its strength. In putting away pickles, use stone or glass jars; the glazing on common earthenware is rendered injurious by the action of the vinegar. When the jar is nearly filled with the pickles, the vinegar should completely cover them, and if there is any appearance of their not doing well, turn off the vinegar, cover with fresh vinegar and spices. Alum in small quantities is useful in making them firm and crisp. In using ground spices, tie them up in muslin bags.

To green pickles, put green grape-vine leaves or green cabbage leaves between them when heating. Another way is to heat them in strong ginger tea. Pickles should be kept closely covered, put into glass jars and sealed tightly.

"Turmeric" is India saffron, and is used very much in pickling as a coloring.

A piece of horse-radish put into a jar of pickles will keep the vinegar from losing its strength, and the pickles will keep sound much longer, especially tomato pickles.

TOMATO BUTTER

10 lbs. tomatoes.
1 qt. vinegar.
3 lbs. brown sugar.
4 large apples.
1 tablespoonful salt.
½ teaspoonful cayenne.

1 tablespoonful whole cloves.
1 tablespoonful whole cinnamon.
1 tablespoonful whole allspice.

Peel and cut tomatoes, tie spices in muslin bag and boil three hours.

CHUTNEY

1 lb. apples.
8 oz. tomatoes.
½ oz. salt (or 1 oz.).
8 oz. sugar.
8 oz. raisins.
½ teaspoonful red pepper.
2 oz. ginger.
2 oz. garlic.
2 oz. onions.
3 pts. vinegar.

Chop apples, onions, tomatoes, and raisins; mix spices and vinegar with them; put in a warm place and stir twice a day for a fortnight.

TOMATO CATSUP

½ bu. tomatoes.
6 onions.
1 qt. vinegar.
½ teacup salt.
2 lbs. sugar.
¼ lb. whole black peppers.
¼ lb. whole allspice.
1 oz. whole cloves.
1 oz. whole cinnamon.
1 teaspoonful cayenne.

Cut up tomatoes and onions and boil soft, strain, tie all spices in a bag and boil together three hours. Bottle and cork while hot.

CHILI SAUCE

48 good-sized tomatoes.
8 onions.
16 tablespoonfuls sugar.
4 cups vinegar.
4 tablespoonfuls salt.
6 green peppers.
2 tablespoonfuls allspice.
2 tablespoonfuls cloves.
2 tablespoonfuls cinnamon.
2 tablespoonfuls mustard.

Have spices ground. Peel tomatoes, and onions, stem peppers; chop together and boil till onions are soft.

TOMATO SAUCE

Twenty pounds tomatoes (peeled), one quart vinegar, three-quarters of a pound of salt, one ounce cloves, two ounces allspice (whole), one-half ounce cayenne pepper, one pound sugar, two ounces garlic (peeled), one ounce black pepper (whole), four or five pounds apples. Boil five hours.

TOMATO CHUTNEY

4 lbs. ripe tomatoes.
4 lbs. sour apples.
2 lbs. raisins.
2 lbs. brown sugar.
4 small onions.
Juice of 1 lemon.
8 oz. salt.
3 oz. ginger.
2 oz. allspice.
¾ oz. cayenne.
1 nutmeg grated.
2 qts. vinegar.

Chop tomatoes, apples, onions and raisins very fine; add everything else and boil one hour slowly; bottle when cold.

CHUTNEY

8 lbs. tomatoes.
3 lbs. onions.
3 pts. vinegar.
2 doz. small peppers.
1 lb. prunes, stoned.
1 lb. raisins.
2 lbs. sugar.
2 oz. ground ginger.
½ lb. mustard seed.
1 cup salt.

Chop well, cook slowly, stir often and seal well.

CRAB-APPLE PICKLE

1 pk. apples.
3 lbs. sugar.
2 qts. vinegar.
½ oz. cinnamon.
½ oz. cloves.

Boil sugar, vinegar, spices, tying spices in muslin bag; prepare apples by sticking three or four cloves in each apple; steam until soft; then put them in syrup and let simmer for

fifteen minutes; then take apples out and let syrup boil for ten minutes longer. This recipe is good for peaches, plums and pears.

TOMATO MUSTARD

1 pk. tomatoes.
3 red peppers.
5 onions.
½ lb. salt.
1 pt. vinegar.
1 tablespoonful black pepper.
1 oz. ginger.
½ oz. cloves.
½ oz. mace.
¼ lb. mustard.

Boil tomatoes with peppers and onions for an hour. Then strain through a colander and add salt, black pepper, ginger, cloves, mace (ground). Boil for one hour; when cold add mustard and vinegar.

BENGAL CHUTNEY

¼ lb. garlic, chopped.
¼ lb. onions, chopped.
½ lb. raisins, chopped.
1 lb. brown sugar.
½ lb. salt.
½ lb. ground mustard.
¼ lb. ground ginger.
1 oz. cayenne pepper.
3 pts. vinegar.
13 large sour apples peeled and cored.
13 large tomatoes.

Cook apples and tomatoes together and mash. Mix all together. Cook till thoroughly soft, bottle. This makes a great quantity.

PICKLED MUSHROOMS

Take the small buttons and rub them very clean with a flannel and some vinegar, then put them in a dish with a little salt over them to draw the liquor from them. When this is done put them into a kettle with their own liquor and sufficient good vinegar to cover them, also some mace, cloves and black pepper to suit taste. Boil gently for a few minutes, then bottle and cork tightly.

CRAB-APPLE CATSUP

3 lbs. apples (which have been cored).
1¾ lbs. sugar.
1 qt. vinegar.
1 tablespoonful cloves.
1 tablespoonful cinnamon.
1 tablespoonful pepper.
1 teaspoonful salt.

Scald the fruit, run it through the sieve, then mix all ingredients together and boil until it is almost as thick as jam.

SPICED GRAPES

7 lbs. grapes.
5 lbs. sugar.
1 cup vinegar.
1 teaspoonful cloves.
1 teaspoonful nutmeg.
1 teaspoonful cinnamon.
1 teaspoonful allspice.

Squeeze pulp from skin, boil pulp and strain out seeds, then boil again with skins and other ingredients until it jellies.

YELLOW PICKLE

3 large cauliflowers.
60 small cucumbers.
1 qt. string beans.
4 green peppers.
1½ cups sugar.
½ cup flour.
6 tablespoonfuls mustard.
3 qts. cider vinegar.
1 oz. turmeric.
2 qts. white onions (pickles).
3 qts. green tomatoes.

One quart glass self-sealing jars are the best for pickles. A piece of clean horseradish root laid on the top of the pickle in each jar makes it doubly sure it will keep well, almost indefinitely. Cut up tomatoes, cutting out all imperfections; cut up with them the four peppers, throwing away the seeds. Put these in a strong brine for an hour, then drain and put on to cook till tender in fresh, hot water. In another kettle put the cauliflowers, broken into small pieces; in another kettle put the peeled onions. When all are well done drain.

Then put in the vinegar in a large kettle. Take the mustard, flour and turmeric, and stir into a smooth paste, with a little of the vinegar, then stir into the rest of the vinegar and bring it to a boil. Then put all the ingredients into this liquid. Cook slowly an hour or more, stirring often. It might require more salt, which could only be learned by tasting. It should be thick and of an even consistency.

FRENCH PICKLE

1 pk. green tomatoes.
1 cup salt.
3 qts. vinegar.
2 qts. water.
2½ lbs. brown sugar.
2 small tablespoonfuls each of ground allspice, mustard seed, ginger, mustard and cloves.
2 large tablespoonfuls cinnamon.

Slice green tomatoes, sprinkle with one cup of salt, and leave over night. Then drain well and add two quarts of water and one of vinegar. Boil fifteen minutes. Drain again and add two quarts of vinegar, brown sugar, mustard seed, allspice, ginger, mustard, cloves, two large tablespoonfuls of cinnamon. Mix, and boil fifteen minutes.

CHOW-CHOW

1 qt. green tomatoes.
1 qt. gherkins.
1 qt. ripe cucumbers.
1 qt. celery.
3 cups vinegar.
3 cups brown sugar.
1 qt. white onions.
1 qt. string beans.
1 large cauliflower.
6 green peppers.
6 tablespoonfuls mustard.
4 tablespoonfuls flour.
3 tablespoonfuls turmeric.

Chop all very fine and cover with a good sprinkling of salt and water over night. Bring to a boil and drain. Boil to-

gether vinegar, sugar, mustard, flour and turmeric. Pour boiling hot over vegetables and bottle.

MUSTARD PICKLES

2 qts. little onions.
3 qts. cucumbers.
3 heads celery.
3 heads cauliflower.
4 green peppers (chopped).
3 qts. vinegar.
2 cups sugar.
½ cup flour.
2 cups mustard.
½ oz. turmeric.
A little curry powder.

Cut all up and put in brine twenty-four hours. Put on the stove and let come to a boil in the brine, remove and drain perfectly dry. To boiling vinegar add sugar, flour, mustard, turmeric, with a little curry powder mixed in. Pour over vegetables.

MUSTARD CATSUP

1 pk. tomatoes.
1 lb. brown sugar.
¼ lb. mustard.
3 red peppers.
1 pt. cider vinegar.
¼ lb. salt.
1 oz. ginger.
½ oz. cloves.
½ oz. mace.
½ teaspoonful cayenne.

Put tomatoes in oven until hot, and squeeze through a strainer, and then add other ingredients. Put spices, which must be whole, in a bag; add a tablespoonful of cornstarch to mustard, which makes it thicken. Cook for an hour. Count from time it begins to boil.

GRAPE CATSUP

Take seven pounds of grapes, squeeze out the pulp, and heat up without any water; just let it come to a boil, then put through a sieve. Take skins and pulp, and three and a half pounds of sugar, one pint of vinegar, good tablespoonful

of ground cloves and cinnamon. Cook till thick; watch it constantly.

SWEET CHILI SAUCE WITH CELERY

1 pk. ripe tomatoes.
4 bunches celery.
3 cups vinegar.
3 cups brown sugar.
½ cup salt (small).
¼ lb. whole mixed spice.
1 teaspoonful pepper.
1 teaspoonful mustard.

Tomatoes peeled and sliced, and celery chopped fine; add vinegar, brown sugar, salt, mixed spices tied in a bag, pepper and mustard. Boil all together one hour or longer.

CELERY SAUCE

24 ripe tomatoes.
6 heads celery.
6 small onions.
1 cup salt.
1 red pepper.
1 cup sugar.
1 qt. vinegar.
1 tablespoonful mixed spice.

Peel tomatoes and onions, chop very finely the celery, pepper, tomatoes and onions, add the vinegar, sugar, spice, etc. Boil gently for three hours.

CHILI SAUCE

12 ripe tomatoes.
2 large onions.
4 green peppers.
2 tablespoonfuls sugar.
4 teaspoonfuls salt.

Chop onions and peppers very fine. Boil one hour and a half; add one teacup of vinegar half an hour before taking from the fire. Bottle, cork closely. Keep in the coolest part of the cellar.

PICKLED PEACHES

Rub fruit with coarse cloth, stick one clove and one bit cinnamon into each; pack closely in a stone crock. Boil in

vinegar enough to cover fruit, four, or if you like them, sweeter, six pounds sugar to each gallon vinegar. Add cloves, cinnamon stick and a small quantity of mace tied in a thin muslin bag. When all are boiled for five or seven minutes, pour over the peaches and cover closely. Boil again the two days following and pour over fruit while boiling hot. Cover close and keep in a cool cellar.

MUSTARD DRESSING

One large tablespoon of mustard, one large tablespoon of cornstarch, one-half cup sugar, one egg. Add one cup of vinegar, and one teaspoon of salt.

TOMATO MUSTARD

1 pk. ripe tomatoes.
6 red peppers.
¼ lb. salt.
3 tablespoonfuls black pepper.
½ pt. vinegar.
¼ lb. mustard.
1 oz. ginger.
1 oz. allspice.
½ oz. mace.
½ oz. cloves.
2 onions.
A few cloves of garlic.
1 tablespoonful red pepper.

Take out stalks of tomatoes and boil for one hour with red peppers. Then strain through a colander and add salt, black pepper, ginger, allspice, mace, cloves, and garlic, two onions. Boil for one hour; when cold add vinegar, red pepper, and mustard.

SPICED GRAPES

7 lbs. grapes.
1 pt. vinegar.
4 lbs. sugar.
4 teaspoonfuls ground cinnamon.
5 teaspoonfuls ground cloves.

Remove skins of grapes and boil pulp till soft. Strain through a bag or fine colander, then add skins and ingredi-

ents, and boil two hours. Then bottle. The boiling process is to leave out the seeds. This is a delicious relish for cold meat.

TOMATO SAUCE

8 lbs. ripe tomatoes.
1 lb. onions.
1 lb. apples.
1 lb. raisins.
2 lemons.
1 lb. brown sugar.
1 cup suet.
¼ oz. red pepper.
1 qt. vinegar.

Chop all fine together; add sugar, suet, pepper and vinegar. Boil two hours.

PICKLED LEMONS

2 doz. lemons.
1 oz. whole mace.
1 oz. nutmeg, sliced.
½ oz. cloves.
2 oz. ginger, bruised.
¼ oz. peppercorns, white.
¼ oz. Jamaica long pepper and cayenne pods.
¼ oz. shallots, pared.
A piece of horseradish.
3 qts. vinegar.

Take lemons, grate off the rind, prick them, and put them in a dish so as not to touch each other; cover them with salt, and turn them every day for a month, then wipe them dry and let them remain within the air of the fire three or four days to dry. Take mace, nutmeg, cloves, ginger, white peppercorns, Jamaica long pepper and cayenne pods; tie them in two or three separate muslin bags; shallots, pared; a piece of horseradish. Put the lemons and seasoning in well glazed jars. Boil vinegar and pour it on the lemons while hot. Let the jars remain near the fire a few days, shaking them gently each day. Look at them in a few weeks to see if they require more vinegar. Better kept some time before using.

CHUTNEY

Eight apples (chopped fine), eight peppers (four red and four green), twelve tomatoes (peeled), eight large onions, quarter of a pound of salt, one pound of brown sugar, half a pound of raisins (chopped), two quarts of vinegar, one ounce of ginger, all chopped fine and boiled till thick.

RIPE TOMATO SOY

1 pk. tomatoes, peeled and sliced.
8 large onions, sliced.
1 cup salt.
2 qts. vinegar.
2 lbs. sugar.
¼ lb. mustard seed.
1 tablespoonful ground cloves.
1 tablespoonful ground mustard.
1 tablespoonful ground allspice.
1 tablespoonful ground ginger.
1 teaspoonful cayenne pepper.

Put tomatoes and onions in alternate layers, cover with salt and let stand twenty-four hours; drain off all the liquor, then add vinegar, ground mustard, ground ginger, ground cloves, ground allspice, cayenne pepper. Stew slowly two or three hours, and when nearly done add brown sugar and mustard seed.

CHOW CHOW

2 heads cabbage.
2 heads cauliflower.
2 qts. onions.
2 qts. green tomatoes.
1 small cup sugar.
2 cucumbers.
6 roots of celery.
2 green peppers.
2 qts. vinegar.
½ lb. mustard.
1 oz. turmeric.
Salt to taste.

Chop fine; boil in just enough water to cover until moderately soft; strain. Take vinegar, mustard, turmeric, sugar;

salt to taste. Let this come to a boil and pour it over the mixture.

CHILI SAUCE

2 large onions.
3 peppers chopped.
6 ripe tomatoes.
1 cup sugar.
2 cups vinegar.
1 tablespoonful salt.
1 tablespoonful nutmeg.
1 tablespoonful cloves.
1 tablespoonful ginger.
1 tablespoonful horseradish.

Cook slowly for two hours.

SWEET TOMATO PICKLES

4½ lbs. green tomatoes.
4½ lbs. apples, quartered.
3 pts. vinegar.
4 lbs. sugar.
1 oz. allspice.
1 oz. peppers.
Some stick cinnamon.

Quarter apples—stick a few cloves (two) in each quarter. Tie all the spices in muslin bags. Let vinegar, sugar and spices come to a boil, then add tomatoes and apples, and boil till tender.

GREEN CUCUMBER PICKLES

1 gal. vinegar.
1 oz. ginger root.
¼ lb. mustard.
¼ lb. salt.
2 oz. mustard seed.
2 oz. peppercorns.
A few red peppers.

Drop in as many cucumbers, beans, etc., as the vinegar will cover. Good to use in a month. Stir frequently.

MUSTARD PICKLES

1½ gal. white wine vinegar.
4 oz. ginger, bruised.
2 oz. allspice.
½ oz. chillies, bruised.
2 oz. turmeric.
1 lb. mustard.
1 oz. garlic.
2 lbs. salt.
2 onions, cut in pieces.

Boil for a quarter of an hour, the onions and garlic only three minutes. The mustard and turmeric should be mixed well with some of the vinegar before it is put on to boil. When done put in a crock; when cold put in the vegetables.

SPICED CURRANTS

4 lbs. currants.
2 lbs. sugar.
1½ cups vinegar.
1¼ lbs. raisins.
1 oz. stick cinnamon.
1 oz. mace.
½ oz. whole cloves.
Teaspoonful white mustard seed.

To currants add sugar, cinnamon, mace, cloves, mustard-seed tied in a muslin bag. Cook slowly one hour, then add vinegar; stir constantly for fifteen minutes, also add one and one-quarter pounds of raisins chopped fine.

CHERRY PICKLES

Put cherries in cold salt and water for eighteen hours, then season vinegar with allspice, cloves, cinnamon and sugar, and pour hot over the cherries. Do this for three days in succession.

INDIA PICKLES

¼ lb. turmeric.
½ lb. mustard.
½ lb. mustard seed.
1 oz. curry powder.
2 oz. ground ginger.
2 oz. allspice.
½ oz. cayenne.
4 qts. malt vinegar.

Boil these ingredients five minutes with vinegar, and pour over the vegetables while the mixture is hot. Prepare the vegetables as follows: Soak at least eight days in strong

salt and water, then dry them; put them into jars, not too closely packed, and pour over them the above mixture.

LEMON PICKLE

6 lemons.
½ lb. salt.
¼ oz. cloves.
¼ oz. mace.
¼ oz. turmeric.
3 pts. vinegar.

Cut the lemons in halves; squeeze out the juice; cut each half into four pieces; rub each piece with salt, put them in a slow oven till they are quite brown and hard. Then rub them with the turmeric and put them in a jar. Put the juice, spice and vinegar and quarter ounce of cayenne pepper over them. Cover them up and set the jar on a hot hearth or on the back of the stove till the pickles are soft.

YELLOW PICKLE

4 large green peppers.
2 qts. or 4 large cucumbers.
2 qts. green tomatoes.
2 qts. small onions.
4 cauliflowers.
2 heads celery.
1 cup mustard seed.
2 tablespoonfuls mustard.
2½ cups flour.
3½ cups sugar.
2 tablespoonfuls turmeric powder.
1 gal. cider vinegar.

Chop finely peppers, slice cucumbers, green tomatoes, and onions. Break in pieces four cauliflowers and chop two heads of celery. Cover with salt and let stand twenty-four hours; drain; add mustard-seed. Dressing.—Mix mustard, flour, sugar, turmeric powder, one pint cider vinegar. Then put on to scald three and a half quarts cider vinegar; when scalding add mixture and vegetables, leave on stove to scald and get soft. Do not boil.

GRAPE CATSUP

5 lbs. grapes.
1½ lbs. sugar.
1 pt. vinegar.
2 tablespoonfuls salt.
2 tablespoonfuls allspice.
2 tablespoonfuls cinnamon.
¼ teaspoonful red pepper.
A little ground cloves.
1 teaspoonful grated nutmeg.

Stew grapes over a slow fire until soft, then strain through a sieve. Add sugar, vinegar, salt, cinnamon and allspice, red pepper, cloves (ground), and grated nutmeg. Mix all together and boil till quite thick.

WRITTEN RECIPES

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PRESERVES AND JELLIES

Fruit for preserving should be sound and free from all defects, using white sugar, and also that which is dry, which produces the nicest syrup; dark sugar can be used by being clarified, which is done by dissolving two pounds of sugar in a pint of water; add to it the white of an egg, and beat it well, put it into a preserving kettle on the fire, and stir with a wooden spoon. As soon as it begins to swell and boil up throw in a little cold water; let it boil up again, take it off, and remove the scum; boil it again, throw in more cold water, and remove the scum; repeat until it is clear and pours like oil from the spoon.

In the old way of preserving, we used pound for pound, when they were kept in stone jars or crocks; now, as most preserves are put up in sealed jars or cans, less sugar seems sufficient; three-quarters of a pound of sugar is generally all that is required for a pound of fruit.

Fruit should be boiled in a porcelain-lined or graniteware dish, if possible; but other utensils, copper or metal, if made bright and clean, answer as well.

Any of the fruits that have been preserved in syrup may be converted into dry preserves, by first draining them from the syrup, and then drying them in a stove or very moderate oven, adding to them a quantity of powdered loaf sugar, which will gradually penetrate the fruit, while the fluid parts of the syrup gently evaporate. They should be dried in the stove or oven on a sieve, and turned every six or eight hours, fresh powdered sugar being sifted over them every time they are turned. Afterwards, they are to be kept in a dry situation, in drawers or boxes. Currants and cherries

preserved whole in this manner in bunches are extremely elegant, and have a fine flavor. In this way it is, also, that orange and lemon chips are preserved.

Mould can be prevented from forming on fruit jellies by pouring a little melted paraffine over the top. When cool, it will harden to a solid cake, which can be easily removed when the jelly is used, and saved to use over again another year. It is perfectly harmless and tasteless.

Large glass tumblers are the best for keeping jellies, much better than large vessels, for by being opened frequently they soon spoil; a paper should be cut to fit, and placed over the jelly; then put on the lid or cover, with thick paper rubbed over on the inside with the white of an egg.

There cannot be too much care taken in selecting fruit for jellies, for if the fruit is over ripe, any amount of time in boiling will never make it jelly—there is where so many fail in making good jelly, and another important matter is overlooked, that of carefully skimming off the juice after it begins to boil and a scum rises from the bottom to the top; the juice should not be stirred, but the scum carefully taken off; if allowed to boil under, the jelly will not be clear.

When either preserves or canned fruits show any indications of fermentation, they should be immediately reboiled with more sugar to save them. It is much better to be generous with the sugar at first, than to have any losses afterwards. Keep all preserves in a cool, dry closet.

CANNED FRUITS

Berries and all ripe, mellow fruit require but little cooking, only long enough for the sugar to penetrate. Strew sugar over them, allow them to stand a few hours, then merely scald with the sugar; half to three-quarters of a pound is considered sufficient. Harder fruits, like pears, quinces, etc., require longer boiling.

The great secret of canning is to make the fruit or vege-

table perfectly air-tight. It must be put up boiling hot, and the vessel filled to the brim.

Have your jars conveniently placed near your boiling fruit, in a tin pan of hot water on the stove, roll them in the hot water, then fill immediately with the hot, scalding fruit, fill to the top, and seal quickly with the tops, which should also be heated; occasionally screw down the tops tighter, as the fruit shrinks as it cools, and the glass contracts, and allows the air to enter the cans. They must be perfectly air-tight. The jars to be kept in a dark, cool, dry place.

Use glass jars for fruit always, and the fruit should be cooked in a porcelain or granite-iron kettle. If you are obliged to use common large-mouthed bottles with corks, steam the corks and pare them to a close fit, driving them in with a mallet. Use the following wax for sealing: one pound of resin, three ounces of beeswax, one and one-half ounces of tallow. Use a brush in covering the corks, and as they cool, dip the mouth into the melted wax. Place in a basin of cool water. Pack in a cool, dark, and dry cellar. After one week examine for flaws, cracks or signs of ferment.

The rubber rings used to assist in keeping the air from the fruit cans sometimes become so dry and brittle as to be almost useless. They can be restored to normal condition usually by letting them lie in water in which you have put a little ammonia. Mix in this proportion: One part of ammonia and two parts water. Sometimes they do not need to lie in this more than five minutes, but frequently a half-hour is needed to restore their elasticity.

ORANGE MARMALADE

9 bitter oranges.
3 sweet oranges.
4 lemons.
4 qts. water.
8 lbs. sugar.

Cut the oranges and lemons across the grain as fine as possible, put all together in a jar, and cover with four quarts

of water; let it stand for twenty-four hours, then boil one hour; next add sugar (white), and boil two hours; pot for use. A wineglass of whisky or brandy may be added just before removing from fire to clarify the marmalade.

APPLE JELLY

Windfall apples make the best jelly; all sorts, large or small, washed, boiled whole in a preserving kettle until quite pulpy, strained through a jelly bag without squeezing. If passed through a silver wire sieve first, will run easier. Put sugar into a kettle with a little water, enough to melt, and boil quickly for ten minutes. Then add strained apple juice; to every five pints, four pounds of sugar is allowed; thin rind of two lemons; boil all together one hour. A beautiful clear jelly and keeps well. Measure apple juice carefully before putting on sugar, and gauge sugar exactly.

PEACH, APPLE, OR QUINCE LEATHER

One pound of the fruit (apples and quince of equal quantities, or of either separately), one pound sugar. Peel and cut up the fruit in small pieces. Put on to boil with as little water as possible. While boiling mash fine with a spoon. Add one pound of granulated sugar and boil about fifteen or twenty minutes longer. Then spread the mass very thin on a flat tin or platter to dry. In the south it is put out of doors in the sun under netting and brought in at night. It can be done equally well by using a cool oven, leaving the door open, so that it may stay there at night as well. It must not cool, only dry. Several days are required in drying. Then cut in strips, roll in sugar and roll up or leave in plain lengths.

GRAPE JELLY

Small cupful of water in the bottom of a four-quart kettle, filled with grapes. Let fruit boil until all the juice is ex-

tracted. Strain and add a pound of sugar to a pint of juice and boil until it jellies.

SIMPLE RECIPE FOR MARMALADE

12 bitter oranges.
1 lemon.
6 qts. water.
7 or 8 lbs. sugar.

Bitter oranges, one lemon cut very thin, and put into water; let stand over night or thirty-six hours, then boil rather fast two and one-half hours, then add seven or eight pounds of white sugar and boil one hour longer. Take out all seeds and hard ends. If sweet oranges are used put in only the pulp. The addition of the pulp of two sweet oranges sometimes improves the marmalade.

ORANGE MARMALADE

24 bitter oranges.
6 sweet oranges.
Juice 6 lemons.
11 qts. water.
22 lbs. sugar.

Cut up the oranges very thinly; cover with twenty-two pints of cold water; allow to stand for thirty-six hours; boil quickly for two hours; add sugar, and boil steadily for one hour. If you care to, add one wineglass of brandy as you are taking from the stove, to clear the jelly. Put into pots, cool, and cover.

ORANGE MARMALADE

Take two dozen bitter oranges and weigh them, cut the skin and take it off in quarters; put in a cheese-cloth bag and cook in water nearly two hours, until you can pierce easily with a straw, then cut in thin pieces about an inch long, cut the oranges into halves and scrape out the pulp and juice, throwing away the pith. Take as many pounds of sugar as you have oranges, put it into the water you cooked the rinds

in, and boil ten minutes, skim and add the rinds and pulp, cook half an hour, then dip in tumblers, and set away to cool before sealing.

PEAR AND QUINCE MARMALADE

24 pears.
10 ripe quinces.
Juice 3 lemons.
¾ lbs. sugar to each 1 lb. fruit.
1 pt. water to each 1½ lbs. sugar.

Weigh fruit after it is ready to cook. Pare and core the fruit and throw into cold water—while you stew parings and cores in a little cold water to make syrup. When the parings are well boiled strain off liquid. When cold put in fruit and bring quickly to a boil, boiling until smooth, then add the sugar and lemon juice, and cook steadily for an hour, working with a spoon to a rich jelly.

GINGER APPLES

In days when apples are plentiful it is a good thing to know of diverse methods of making up this fruit, and this is a palatable conserve.

In the first place firm pippins must be used. They are peeled and cut into even sized pieces while firm, and to six pounds allow a quarter of a pound of green ginger root and four lemons; also five pounds of sugar. Cut the ginger root into thin slices and the lemon peel into thin chips and boil till it looks clear. Drain, and let stand till cold, using the water in which they are boiled to make the syrup. Simmer the apples in this syrup till they are tender enough to be pierced with a straw, then put them into fruit jars, cook the lemon and ginger a little more in the syrup and then divide it among the jars of apples, filling up with a thick syrup, and screw the lids while the syrup is hot, as for the fruit conserve. This is a delicious way to serve apples, and during the winter is often preferred to other fruit.

APPLE BUTTER

Take five gallons of sweet cider, one peck of tart apples and two pounds of the best brown sugar. Pare and core the apples, then quarter, and cut across to shorten the fibre. Boil the cider down to about half its original quantity, add the apples and sugar, and continue to stir the mixture well from the bottom. It must be boiled until the apples and cider form one solid mass and do not separate. One of the secrets of success is in thorough boiling, and simmering without burning. Properly made it is a conserve that will keep a long while.

GINGER APPLES

5 lbs. apples.
4 lbs. sugar.
½ lb. white ginger.

Infuse the ginger in boiling water for several hours to extract all the substance. Pare the apples and quarter them, removing the cores. Throw them into a basin of cold water. Put into a preserving pan the sugar and two pints water, using the ginger water as part of it. Bring this to a boil and boil for five minutes. Now lift the apples from the water into the pan and boil for three-quarters of an hour or till they become transparent. Put in jars and cover. Firm apples, such as Newton Pippins or Scotch apples, are the best.

RIPE GOOSEBERRY JAM

To every pound of fruit allow three-quarters of a pound of sugar. To every six pounds of fruit, half a pint of red-currant juice.

Select red, hairy gooseberries, which should be gathered in dry weather, and when quite ripe. Weigh them, cut off the tops and tails, and to every six pounds of fruit add half a pint of red-currant juice, drawn as for jelly. Put the fruit

and juice into a preserving-pan, and let them boil rather quickly, keeping them well stirred. When they begin to break, which will be in about an hour, add the sugar, and keep simmering until it becomes firm, stirring and skimming all the time. Put it into pots (not too large), and when cold cover with oiled and egged paper.

RHUBARB JAM (GREEN)

1½ lbs. green rhubarb.
1 lb. sugar.
Rind of ½ lemon.
¼ oz. bitter almonds.
A little ginger.

Wipe the rhubarb quite dry, cut it into pieces about two inches long, and put it into a preserving-pan with the sugar; the rind of the lemon cut very fine, and the almonds blanched and divided. Boil the whole well together, taking care to stir and skim frequently, and when it is nearly done stir in the ginger. Young rhubarb will take about three-quarters of an hour, but if old it must be boiled for an hour and a half. This preserve should be of a green color, and will be found a very good substitute for green-gage jam.

RHUBARB JAM (RED)

Four pounds of rhubarb—the red kind—four pounds of loaf sugar, and five ounces whole ginger.

Peel and cut up the rhubarb into small pieces, add the sugar and ginger, and boil until clear. Pot and tie down as for other preserves. This should be of a brilliant red color, and is very good for serving with blanc-mange, moulded rice, or rice flummery.

ORANGE MARMALADE

9 bitter oranges.
3 sweet oranges.
2 lemons.
8 lbs. sugar.

Slice the fruit across the grain, as thin as possible, being careful, at the same time, to remove all seeds. Place in a deep dish with four quarts of water, allow it to stand for twenty-four hours, then add sugar and boil for one hour, or until it will jelly. Before taking off the fire add one glass of whisky to clarify.

PEAR JELLY

6 large baking pears.
½ lb. sugar.
¼ pt. wine.
8 whole cloves.
½ lemon.
½ oz. gelatine.

Peel the pears and cut them into quarters, put them into a shallow dish with sugar, cloves, and water enough to cover them; stew until tender, not broken. Take the pears from the liquor and put them in a mould. To half a pint of liquor add the gelatine juice, and grated rind of lemon and the wine. Let these ingredients boil quickly five minutes, strain the warm liquid over the pears and set in a cool place.

CANNED PINEAPPLE

6 lbs. pineapple.
4½ lbs. sugar.
3 pts. water.

Peel and remove all dark spots on the pineapples. Shred with a fork. Boil sugar and water ten minutes, skim and add the shredded pineapple. Let it boil up, then seal in self-sealers with a brandied paper between the fruit and glass tops.

PINEAPPLE JELLY

1 package gelatine.
4 lemons.
1 cup sugar.
½ cup pineapple juice.
¾ cup chopped pineapple.

Soak gelatine in one cup cold water for one-half hour; add the grated rind of two lemons to this, soak for fifteen min-

utes. Then add sugar, juice of four lemons, two and one-half cups boiling water and pineapple juice. Let come to a boil and strain into a mould which has been soaked in cold water. Drop three-quarters cup chopped pineapple into the mould and set away to cool.

PICKLED PEARS

1 basket pears.
Juice 6 lemons and rind of 4.
¼ lb. ginger root, well pounded.
¾ lb. sugar to each pound of fruit.

Peel pears, leaving the stem. Put on with as little water as possible and let them stew a short time. Take them out, leaving the juice in the kettle, add sugar, lemon rind and juice, and if desired any spice can be added in a muslin bag. Let all boil together for ten minutes, then add the pears with a clove or two stuck in each pear. Boil till the pears are tender.

SCOTCH MARMALADE

2 doz. Seville oranges.
3 lemons.
16 lbs. sugar.

Cut fruit into thin slices, take out seeds; put in an earthenware pan and cover with eight and one-half quarts of cold water; let it stand for twenty-four hours. Boil quickly for two hours, then add sugar and boil again one and one-half hours. The seeds should be soaked for twenty-four hours in one pint of cold water; when ready to put in the sugar pour the liquid off them through a strainer and add to the oranges. If not wanted very thick do not boil so long after adding sugar.

TO PRESERVE FRUIT WHOLE, WITHOUT SUGAR

For plums, green-gages, cherries, or gooseberries—Select sound, fresh fruit and prepare as for ordinary stewing, i. e.,

wiping the plums, or taking the stems off the cherries or gooseberries. Then fill your glass gem-jars with the fruit as closely packed as possible without bruising. Screw on the tops tightly and place the jars in a boiler of cold water, sufficient to cover the jars. Let this boil, and after it has boiled a few minutes watch your jars to ascertain when the contents are sufficiently cooked. When you see the skins of the plums or cherries commence to split, or the gooseberries turn color to a yellowish shade, then remove them one at a time; take off the top of the jar and fill up with fast-boiling water from the kettle.

Quickly screw on the top of the jar again, and put it away to cool, tightening it again when cold. I have kept fruit like this for two years and when used it was like fresh fruit. By using ripe fruit, and filling up the jars with boiling syrup instead of water, it makes a delicious preserve. Indeed, this is the best way to preserve crab-apples. For syrup, use five cups of sugar to six of water; boil ten minutes.

BLACKBERRY AND APPLE JAM

Pick over your blackberries and weigh them. To each pound of berries put half a pound of sliced apple. To every six pounds of berries add one lemon, very thinly sliced. Equal weight of fruit and sugar. Put the fruit on and let it boil steadily nearly half an hour, then add the sugar by degrees, and boil about twenty minutes. Some fruit takes longer to boil than others, but the berries should feel quite soft and mashy when done. Very delicious.

CHOPPED PEARS

8 lbs. sickle pears.
8 lbs. sugar.
½ lb. candied ginger.
4 lemons.

Chip or slice the pears, slice the ginger root and let them boil together with the sugar for one hour, slowly. Boil the

lemons whole in clear water until tender, then cut up in small bits, removing the seeds; add to the pears and boil an hour longer. Put in glasses. Use candied or crystallized ginger in preference to the green root.

ROYAL MARMALADE

Twelve Seville oranges; cut each orange into eight quarters and slice them very fine; take out the seeds and put them into a basin and cover with water; to every pound of fruit add three pints of cold water. Let it stand for twenty-four hours, then boil until tender. Put the juice from the seeds in also. Let it stand until the following day, then to every pound of boiled fruit add one and a half pounds of sugar and the rind and juice of two lemons; boil, stirring constantly until the syrup jellies.

RED CURRANT MARMALADE

6 lbs. currants.
½ lb. raisins.
6 lbs. sugar.
6 oranges.
½ teaspoonful mace.
½ teaspoonful cinnamon.

Boil the currants and press through a sieve; boil the yellow rind of the oranges in a little water and chop finely. Chop raisins and pulp of oranges. Boil all together till thick, half or three-quarters of an hour. Half yellow rind after boil is sufficient.

BITTER ORANGE MARMALADE

Slice twelve Seville oranges into a large bowl—leaving out pips. To each pound of fruit add three pints of cold water and let stand twelve or eighteen hours. Then boil gently till soft, about thirty minutes. Let stand again till next day. Then weigh and to every pound of fruit and juice add one pound granulated sugar, and boil till clear and thick.

FOR BOTTLING WHOLE FRUIT

Make a syrup (cold or hot) with a quarter of a pound of sugar to a quart of water; fill the jars very full of fruit; pour on the syrup; screw down, but not tightly; place the bottles in a kettle of cold water, with boards under them, and allow them to boil a quarter of an hour or a little longer, according to the ripeness of the fruit. When done lift the bottles out, screw down tightly, and allow them to stand until cold. Crabapples, Bartlett pears, cherries, peaches, plums can be done in this way and retain their flavor and color.

WRITTEN RECIPES

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CANDIES

In the making of confections, the best granulated or loaf sugar should be used. (Beware of glucose mixed with sugar.) Sugar is boiled more or less, according to the kind of candy to be made, and it is necessary to understand the proper degree of sugar boiling to operate it successfully.

Occasionally sugar made into candies, "creams" or syrups, will need clarifying. The process is as follows: Beat up well the white of an egg with a cupful of cold water and pour it into a very clean iron or thick new tin saucepan, then put into the pan four cupfuls of sugar, mixed with a cupful of warm water. Put on the stove, and heat moderately until the scum rises. Remove the pan, and skim off the top, then place on the fire again until the scum rises again. Then remove as before, and so continue until no scum rises.

This recipe is for good brown or yellowish sugar; for soft, white sugars, half the white of an egg will do, and for refined or loaf sugar a quarter will do.

The quantities of sugar and water are the same in all cases. Loaf sugar will generally do for all candy-making without further clarification. Brown or yellow sugars are used for caramels, dark-colored cocoanut, taffy, and pulled molasses candies generally.

Havana is the cheapest grade of white sugar and a shade or two lighter than the brown.

Confectioners' A is superior in color and grain to the Havana. It is a centrifugal sugar—that is, it is not reboiled to procure its white color, but is moistened with water and then put into rapidly revolving cylinders. The uncrystallized syrup or molasses is whirled out of it, and the sugar comes out with a dry, white grain.

Icing or powdered sugar. This is powdered loaf sugar. Icing can only be made with powdered sugar, which is produced by grinding or crushing loaf sugar as fine as flour nearly.

Granulated sugar. This is a coarse-grained sugar, generally very clean and sparkling, and fit for use as a colored sugar in crystallized goods, and other superior uses.

This same syrup answers for most candies, and should be boiled to such a degree that when a fork or splinter is dipped into it the liquid will run off and form a thick drop on the end, and long, silk-like threads hang from it when exposed to the air. The syrup never to be stirred while hot, or else it will grain, but if intended for soft, French candies, should be removed, and, when nearly cold, stirred to a cream. For hard, brittle candies, the syrup should be boiled until when a little is dropped in cold water, it will crack and break when biting it.

The hands should be buttered when handling it, or it will stick to them.

The top of the inside of the dish that the sugar or molasses is to be cooked in, should be buttered a few inches around the inside; it prevents the syrup from rising and swelling any higher than where it reaches the buttered edge.

For common crack candies, the sugar can be kept from graining by adding a teaspoonful of vinegar or cream tartar.

Essences and extracts should be bought at the druggist's, not the poor kind usually sold at the grocer's.

For most recipes granulated sugar is preferable. Candy should not be stirred after it begins to boil. Butter should be added when candy is almost done.

BUTTER SCOTCH

1 cup brown sugar.
Butter size of egg.
2 tablespoonfuls milk.
1 teaspoonful vanilla.

Boil until it hardens on a spoon.

CARAMELS

1 cup molasses.
1 cup brown sugar.
1 cup cream or milk.
Butter size of egg.
Vanilla flavoring.

Beat all together; boil until it thickens in water. Turn into flat tins, and when nearly cold cut into small squares.

PEANUT CANDY

1 qt. peanuts.
1 large cup sugar.

Shell and skin peanuts, and roll them until fine. Place granulated sugar in a saucepan. Set it over a hot fire and stir the contents quickly until it melts. Do this while the peanuts are being heated through in the oven, and after the pans are buttered and set on the back of the range to be kept hot. When the sugar has melted pour the hot peanuts into it, remove from the fire and pour into the hot buttered pans. When cold it can be broken into pieces.

HICKORY-NUT CANDY

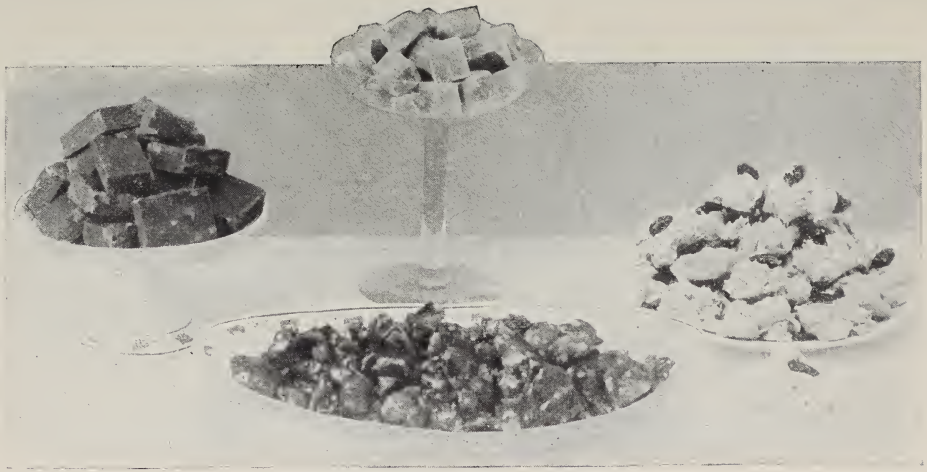
1 cup nut meats.
2 cups sugar.
½ cup water.
A pinch of salt.

Boil sugar and water without stirring until thick enough to spin a thread. Set off to cool. Stir until white, and add nut meats. Turn into a flat tin and when cold cut in squares.

CHOCOLATE FUDGE

¼ cake chocolate.
2 cups white sugar.
1 cup milk.
Butter size of walnut.

Cook all together. Test in cold water until you can roll well in fingers; take off stove; stir until cool. Pour into plates and cut into squares.



FUDGE AND OTHER CANDIES

FUDGE

2 cups sugar.
1 cup milk.
¼ lb. chocolate.
Butter size of walnut.

Scald the milk, then add the sugar, butter and chocolate broken into small pieces. Boil until it sets when tried in cold water. Take off the fire, and beat until nearly cold. Then turn out on plates and mark into squares.

YUM YUM

1 lb. brown sugar.
Water to moisten.
Butter size of egg.

Cook until it becomes brittle when dropped into cold water, then pull until creamy white.

VELVET CREAM CANDY

Two cups of sugar, one cup of milk. Cook until it will roll in fingers. Let it cool, and pull and pat until it becomes creamy. Pat out flat in platter, and cover with a damp napkin until ready to use. Better second day.

COCOANUT CREAM CANDY

1 cup sugar.
A little water.
2 tablespoonfuls shredded cocoanut.

Sugar and a little water boiled without stirring until it will spin a thread. Take from the fire; add a large tablespoonful of shredded cocoanut and stir until creamy. Drop size of a penny on buttered paper. Slip off when cool and pack in boxes.

CARAMELS

3 lbs. brown sugar.
1 cake chocolate.
1 cup milk.
Butter size of egg.
1 teaspoonful vanilla.

Grate the chocolate and dissolve; then add the sugar and butter and boil until they will harden in cold water. Put into a buttered pan; work off in squares when half cold.

SCOTCH TOFFEE

2 lbs. yellow sugar.
6 oz. fresh butter.
Cream to make thin batter.

Melt the butter slowly and when fully melted add the sugar. Mix thoroughly and stir in sufficient cream to make the whole of the consistency of a thin batter. Now place on the stove and stir until the boiling point is reached. After this it must not be stirred on any account. Boil very slowly until it feels tough, but not brittle, when tested by cooling a little in cold water. Now pour into buttered trays and cool slowly, then cut into squares. The color may be made a rich brown by the addition of a teaspoonful of cochineal before boiling. Success depends largely on slow boiling and cooling. The above recipe is from a famous Scottish confectioner.

MAPLE CREAM CANDY

Three cups of brown sugar, half a cup of cream or milk. When it comes to the boil add a dessertspoonful of butter. Let it boil for fifteen minutes, stirring just before taking off the fire, put in tablespoonful of vanilla; remove from the fire; beat briskly for five minutes. Butter your plates.

CHOCOLATE CARAMELS

2 lbs. brown sugar.
½ lb. chocolate.
2 tablespoonfuls butter.
1 small cup cold water.
2 teaspoonfuls vanilla.

Put on the fire brown sugar, chocolate, broken into small pieces, and a small cupful of cold water. Boil this until a

little of it hardens in water, stir into it butter and vanilla, turn into buttered pans and cut into squares. If you like the sugary, soft caramels, stir the mixture hard for several minutes after you take it from the fire; but should you prefer the sticky variety, add four tablespoonfuls of molasses to your sugar when you put it on to cook, and do not stir it after it leaves the stove.

CHOCOLATE CREAMS

White of 1 egg.
Equal quantity of water.
6 tablespoonfuls sweet chocolate.
Sugar (confectioner's) to make stiff.

To the white of an egg, mixed with as much water, add enough confectioner's sugar to make a dough-like paste that can be worked with the fingers into small balls. Grate sweetened chocolate, melt it, without water, in a cup on the stove, and when smooth and thick dip your balls of sugar-paste into it and then let them dry on waxed paper. They may have to be dipped several times before they are satisfactory.

MAPLE SUGAR CANDY

Take two pounds of maple sugar, broken into small pieces, and put it in a saucepan with a quart of rich milk—part cream is better. Let this boil until it reaches the stage where it hardens in cold water; pour it into pans, and mark it in squares as you would taffy or caramels.

MAPLE SUGAR CANDY

1 lb. maple sugar.
1 pt. milk.
1 tablespoonful butter.

Break the sugar into small pieces and put it into a double boiler with the milk. Put it on the stove and cook until the sugar melts. Set the inner vessel of the double boiler directly on the stove and boil, stirring constantly, until the

syrup reaches the stage where a little dropped in cold water becomes brittle. Add your butter then, and when this is melted turn the syrup into greased pans. As it cools, mark it off in squares with a knife.

MAPLE SUGAR CREAM CANDY

1 cup thick cream.
2 cups maple sugar.
½ cup walnut meats.

To cream add maple sugar cut in small pieces. Boil, stirring always one way until when tried in cold water the mixture adheres to spoon. Remove from fire and stir the opposite way until mixture gets quite thick; add chopped walnuts and pour out on buttered platter. When cold cut in small squares.

NOUGAT

The simplest, if perhaps the least scientific, way to make this is the following: Boil together a pound of sugar and half a cupful of cold water until a little of it becomes brittle when dropped in cold water. Do not stir it after the sugar melts. Butter a shallow tin—a biscuit-pan will answer—and cover the bottom closely with blanched almonds, the kernels of hickory, pecan, and hazel nuts, thin strips of cocoanut, split and stoned dates, bits of figs, etc. When the candy is done add to it a tablespoonful of lemon-juice, and pour it over your nuts and fruits. Mark it into strips or squares when cool.

MAPLE CREAM

Proceed as in preceding recipe, using maple sugar instead of the plain white sugar.

STUFFED DATES

Remove the stone and put in its place a bit of fondant, or, better still, a peanut or a blanched almond and dust with fine sugar.

TURKISH DELIGHT

1 oz. gelatine.
1 lb. granulated sugar.
½ cup cold water.
Juice of 1 lemon, 1 orange, and a teaspoonful of rum.

One ounce gelatine, soak in one-half cup of cold water for two hours; one pound of granulated sugar put in a pan with one-half cup of cold water. Stand the pan over the fire until the sugar is melted and comes to the boil; add soaked gelatine and boil steadily for twenty minutes; flavor with the juice of one lemon and one orange and a tablespoonful of rum. Wet a tin in cold water and turn the mixture in, having it about one inch thick; when it is hard or jellied, spread icing sugar over the top and cut into inch square pieces; roll in the icing sugar. A few chopped nuts added with the flavoring makes it much nicer. Let the mixture stand in the pan over night before cutting, as it is very sticky.

N. B.—This is one of the most wholesome of candies and will not hurt any person either sick or well, as it is really jelly.

CURRANT DROPS

Use currant-juice, instead of water, to moisten a quantity of sugar. Put it in a pan and heat, stirring constantly; be sure not to let it boil; then mix a very little more sugar, let it warm with the rest a moment; then, with a smooth stick, drop on paper.

LEMON DROPS

Upon a coffee-cupful of finely powdered sugar, pour just enough lemon-juice to dissolve it, and boil it to the consistency of thick syrup, and so that it appears brittle when dropped in cold water. Drop this on buttered plates in drops; set away to cool and harden.

NUT MOLASSES CANDY

When making molasses candy, add any kind of nuts you fancy; put them in after the syrup has thickened, and is ready to take from the fire; pour out on buttered tins. Mark it off in squares before it gets too cool. Peanuts should be fresh roasted and then tossed in a sieve, to free them of their inner skins.

MAPLE MOUSSE

Yolks 4 eggs.
1 pt. cream.
1 cup maple syrup.

Whip the cream very stiff. Beat the eggs and place them in a double boiler; pour in the maple syrup and stir constantly until the mixture gathers on the spoon. Then take off the stove and beat till cold. Stir into the whipped cream; put in a freezer that has been previously packed in ice and salt. Let stand four hours.

SUGAR NUT CANDY

3 lbs. sugar.
½ pt. water.
½ pt. vinegar.
¼ lb. butter.
1 lb. hickory-nut meats.

Put the sugar, butter, vinegar and water together into a thick saucepan. When it begins to thicken, add the nuts. To test it, take up a very small quantity as quickly as possible directly from the centre, taking care not to disturb it any more than is necessary. Drop it into cold water, and remove from the fire the moment the little particles are brittle. Pour into buttered plates. Use any nuts with this recipe.

COCOANUT CANDY

1 cocoanut.
1½ cups sugar.
Milk of cocoanut or
¾ cup water.

Put sugar and milk of cocoanut together, heat slowly until the sugar is melted, then boil five minutes; add cocoanut (finely grated), boil ten minutes longer, stir constantly to keep from burning. Pour on buttered plates, cut in squares. Will take about two days to harden. Use prepared cocoanut when other cannot be had.

MOLASSES CANDY

1 qt. molasses.
1 cup brown sugar.
Butter size of ½ egg.
½ teaspoonful soda.

Put molasses, brown sugar, butter the size of half an egg, into a six-quart kettle. Let boil over a slack fire until it begins to look thick, stirring it often to prevent burning. Test it by taking some out and dropping a few drops in a cup of cold water. If it hardens quickly and breaks short between the teeth it is boiled enough. Now put in baking soda, and stir it well; then pour it out into well-buttered flat tins. When partly cooled, take up the candy with your hands well buttered, then pull and double, and so on, until the candy is a whitish yellow. It may be cut in strips and rolled or twisted. If flavoring is desired, drop the flavoring on the top as it begins to cool, and when it is pulled, the whole will be flavored.

WRITTEN RECIPES

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CHAFING DISH RECIPES

A few years ago it might have been thought necessary to include, in a book of this character, an elaborate treatise upon the methods of cooking with the chafing dish, and a long list of recipes. But we have changed all that. Few and far between are the homes in which the chafing dish is not a familiar friend, and each man or woman who handles it has his, or her, own pet recipes for at least the best-known dishes that can be prepared over an alcohol flame. Therefore it is not designed to give elementary instructions here. There follow only such dishes as have seemed new or unusual, and so worthy of being made known to the public.

DEVILED OYSTERS

20 oysters.
1 gill oyster-liquor.
2 tablespoonfuls of butter.
1 dessertspoonful of flour.
1 teaspoonful salt.
½ teaspoonful curry powder.
1 teaspoonful Worcestershire sauce.
10 drops tabasco sauce.
Juice of 1 lemon.

Melt the butter in the blazer, stir in the flour, and when this is blended, the oyster-liquor and all the seasoning except the lemon-juice. As soon as the sauce is boiling hot, drop in the oysters and cook three minutes or until they plump. Add the lemon-juice and serve them at once on Graham toast.

OYSTERS WITH ANCHOVY

20 oysters.
2 tablespoonfuls butter.
A little cayenne.
Juice of 1 lemon.
1 teaspoonful, large, of anchovy paste.

Melt the butter and the anchovy together in the blazer, put in the oysters, cook three minutes, add the cayenne and lemon-juice and serve on buttered toast or "breakfast-biscuit."

ENGLISH MONKEY

Soak one cupful of stale breadcrumbs in one cup of milk fifteen minutes; put one heaping teaspoonful of butter into chafing-dish; add three-quarters of a cup of cheese cut fine; stir until melted; add crumbs with one beaten egg.

CREAMED OYSTERS ON TOAST

Slices of hot toast covering large hot platter. One pint boiling milk. Turn in one pint oysters, then two dessert-spoons cornstarch or flour stirred smooth in a little milk. Salt, cayenne, lump of butter size of small egg. Pour over toast and serve instantly.

WELSH RAREBIT

3 oz. cheese.
Yolks 2 eggs.
4 oz. grated bread.
1 dessertspoonful mustard.
3 oz. butter.
A little salt and pepper.

Grate cheese, and mix it with the yolks of eggs, bread, and butter; beat the whole together in a mortar with made mustard, a little salt and some pepper; toast some slices of bread, cut off the outside crust, cut it in shapes and spread the paste thick upon them, and put them in the oven, let them become hot and slightly browned, serve hot as possible.

WELSH RAREBIT

Butter size of egg.
2 or 3 cups grated cheese.
2 eggs.
½ pt. beer.
A little onion juice.
Salt and cayenne to taste.

Melt butter, add cheese and seasoning, then beer and beaten eggs.

WELSH RAREBIT

¼ lb. cheese.
2 oz. butter.
2 tablespoonfuls ale or
Yolks 2 eggs beaten in ½ cup milk.
1 saltspoonful salt.
1 saltspoonful dry mustard.
¼ saltspoonful pepper.
A dash of cayenne.

Stir in a saucepan over the fire until melted smoothly together. Pour on a couple of slices of toast laid on a hot dish.

WELSH RAREBIT

¼ lb. cheese.
¼ cup cream or milk.
1 teaspoonful mustard.
½ teaspoonful salt.
1 egg.
1 teaspoonful butter.
Salt and cayenne.
4 slices of toast.

Break the cheese in small pieces, or if hard grate it. Put it with the milk in a double boiler. Toast the bread and keep it hot. Mix the mustard, salt and pepper; add the egg, and beat well. When the cheese is melted, stir in the egg and butter, and cook two minutes, or until it thickens a little, but do not let it curdle. Pour it over the toast. Many use ale instead of cream.

WELSH RAREBIT

½ glass old ale.
½ lb. old cheese.
Pinch red pepper.
½ teaspoonful salt.
Dash of Worcestershire sauce.

Grate cheese fine, place in a chafing-dish or small saucepan on fire, rub well with back of spoon until thoroughly dissolved; mix pepper, mustard and Worcester sauce thoroughly with ale, and pour into cheese. Thoroughly mix

until smooth. Serve on buttered toast, cut diamond shape on red-hot dish.

CELERY OYSTERS

20 oysters.
1 gill oysters liquor.
½ cup celery minced.
1 gill of cream.
2 tablespoonfuls butter.
1 gill sherry or Madeira.
1 teaspoonful each of salt and paprica.

Put the oyster-liquor, celery, and paprica in the chafing-dish over hot water, and when it comes to a boil simmer three or four minutes; add the butter and the cream, and when these are boiling hot put in the oysters. Cook until the edges curl, stir in the wine and salt, and serve at once on toast.

CLAMS SAUTE

20 clams.
2 slices salt pork.
A little white pepper.
Slices of Graham toast.

Fry the pork or bacon crisp in the blazer, and when the dice begin to brown push them to the side of the pan and lay in the clams. Sauté them, turning once or twice, and serve on Graham or Boston brown bread toast.

DEVILED SARDINES

1 box boneless sardines.
2 tablespoonfuls butter.
1 tablespoonful lemon juice.
1 teaspoonful paprica.
½ saltspoonful cayenne.
1 saltspoonful salt.

Melt the butter in the blazer and when hissing hot lay in the sardines. Cook until heated through, turning once, sprinkle with salt and paprica, add the lemon-juice, and serve on toast.

LOBSTER A LA NEWBURG

3 tablespoonfuls butter.
1 can lobster.
1 cup milk.
1 cup sherry.
1 tablespoonful cornstarch.
1 egg.
Salt and cayenne to taste.

Melt butter in chafing dish, add lobster. When hot add one small cup of milk, sherry (very slowly), salt and cayenne to taste. Thicken with cornstarch dissolved in a little milk. Just before serving stir in egg beaten very light.

CREAMED LOBSTER

Meat of 1 lobster chopped fine.
½ pt. whipped cream.
¼ oz. gelatine.
A little anchovy paste and cayenne and salt.

Take the meat lobster, chop it fine, add whipped cream, gelatine which has been soaked in water, a little anchovy sauce, salt and cayenne. Stir it gently till nearly set, and pour into a slightly oiled border mould. When turned out, fill the centre with mayonnaise, garnish with mashed green peas put through a forcepipe, and the claws round the outside.

SHRIMPS WITH ANCHOVY SAUCE

1 can shrimps.
2 tablespoonfuls butter.
1 gill cream.
1 teaspoonful anchovy paste.
Yolks of 2 eggs.
½ saltspoonful cayenne.

Melt together the butter and anchovy, lay in the shrimps, pepper them, and sauté until they are hot through. Break the eggs in a bowl, beat the cream into them, and pour into the chafing-dish. Stir two or three minutes, until the sauce thickens, and serve at once on toast.

This dish should be prepared over hot water.

SHRIMPS WITH TOMATO SAUCE

One cupful of tomato sauce (see recipe). This can easily be prepared in the chafing-dish. One can of shrimps. Salt to taste, and one saltspoonful of cayenne.

Stir the shrimps into the tomato sauce, bring to a boil, season, and serve on toast or in scallop-shells, or nappies.

CELERY LOBSTER

2 cups lobster meat.
1 cupful celery, minced.
2 tablespoonfuls butter.
Juice 1 lemon.
1 dessertspoonful flour.
½ pt. milk.
Yolks of 2 eggs.
1 teaspoonful salt.
1 saltspoonful cayenne.

Cook together the butter and flour over hot water, add the milk, stir until smooth, put in the celery and cook three minutes, add the lobster, seasoning, and yolk of egg; stir until thick, and serve.

HUNGARIAN MUSHROOMS

Half a pound of fresh mushrooms, stemmed and peeled; three tablespoonfuls of salad oil; one teaspoonful of paprica; one saltspoon of pepper.

CHICKEN CROQUETTES

Four cups minced chicken. One cup bread crumbs, three eggs. Tablespoonful butter and seasoning. Mix and make into balls, dip into beaten egg and bread crumbs. Fry a nice brown.

WELSH RAREBIT

2 eggs.
½ lb. soft cheese.
1 tablespoonful butter.
½ teaspoonful salt.
1 teaspoonful mustard.
Saltspoonful cayenne.
½ cup milk or cream.

Break eggs into the upper pan of the chafing-dish, beat them well, then add cheese, broken into small bits; butter, salt, mustard, cayenne and cream or milk; stir this mixture well, until cheese is melted. Serve on crisp toast or on toasted thin water-crackers.

WRITTEN RECIPES

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Boiling water is a very important desideratum in the making of a good cup of coffee or tea, but the average housewife is very apt to overlook this fact. Do not boil the water more than three or four minutes; longer boiling ruins the water for coffee or tea-making, as most of its natural properties escape by evaporation, leaving a very insipid liquid, composed mostly of lime and iron, that would ruin the best coffee, and give the tea a dark, dead look, when it ought to be the reverse.

Water left in the tea-kettle over night must never be used for preparing the breakfast coffee; no matter how excellent your coffee or tea may be, it will be ruined by the addition of water that has been boiled more than once.

THE HEALING PROPERTIES OF TEA AND COFFEE

The medical properties of these two beverages are considerable. Tea is used advantageously in inflammatory diseases and as a cure for the headache. Coffee is supposed to act as a preventive of gravel and gout, and to its influence is ascribed the rarity of those diseases in France and Turkey. Both tea and coffee powerfully counteract the effects of opium and intoxicating liquors; though, when taken in excess, and without nourishing food, they themselves produce, temporarily at least, some of the more disagreeable consequences incident to the use of ardent spirits. In general, however, none but persons possessing great mobility of the nervous system, or enfeebled or effeminate constitutions, are injuriously affected by the moderate use of tea and coffee in connection with food.

MAKING COFFEE

1. The coffee should be roasted just before use; as if kept more than one day after roasting there is a decided loss of aroma.

2. The simplest way of roasting coffee is in an enamelled frying-pan. Roast the beans over a mild, smokeless fire until the beans turn a rich brown color, not black. The beans must be constantly stirred and turned, or they will burn.

3. Take one large tablespoonful of coffee powder for each cup of coffee required.

4. Put the powder into a jug and pour boiling water over it in the proportion of half a cupful of water to each tablespoonful of coffee powder. The water must be at full boiling point.

5. Let the coffee stand in the jug for half an hour, and then strain through a linen or cotton bag (muslin is too thin) into the coffee-pot.

GINGER BEER

10 qts. water.
3 lbs. sugar.
3 oz. ginger.
3 oz. cream tartar.
Juice and rind 6 lemons.
6 teaspoonfuls brewer's yeast or 6 cakes of yeast.

Pour ten quarts of boiling water on sugar, ginger bruised, cream of tartar, the thin rind and juice of six lemons. When cool add yeast; let stand two days, bottle and cork.

BEVERAGE

3 lemons.
1 oz. tartaric acid.
3 lbs. sugar.
2 bottles ginger ale.

Pare rind of lemons as thin as possible, put rinds, white sugar and tartaric into a jar and cover with quart boiling

water, and stir till sugar is melted. When cold add the juice of the lemons and two quarts of cold water. When about to serve add two bottles of ginger ale.

RUSSIAN TEA

One quart of boiling water poured on two tablespoonfuls of black tea; add large cup or three parts of sugar and the juice of four lemons. Let stand two hours, then strain through a cloth; add large piece of ice. A delicious drink for hot weather.

CHOCA

1 pt. milk.
4 tablespoonfuls sugar.
1 pt. boiling water.
1 scant cup grated chocolate.
1 pt. strong coffee.
10 drops vanilla.

Scald one pint of milk and add the same amount of boiling water. Mix together sugar and grated chocolate. Add sufficient of the hot liquid to mix to a smooth paste, gradually dilute and turn into the milk and water, then cook gently for five minutes. Add a pinch of salt, coffee, and vanilla, and take from the fire. Serve with whipped cream for luncheon or 5 o'clock tea.

GINGER CORDIAL

1 gal. whisky.
8 lemons.
4 lbs. sugar.
¼ lb. ginger biscuit.
1 qt. water.
4 lbs. red currants.

Put the whisky, lemons and ginger in a crock and let it stand for three days, stirring every day; then strain and add the sugar, which has been dissolved in the quart of water. Stir until all is well mixed; then bottle. Ready for use at once.

MILK PUNCH

6 oranges.
6 lemons.
4 qts. water.
1 qt. new milk.
1 qt. rum.
1 pt. brandy.
2 lbs. sugar.

Pare oranges and lemons as thin as possible. Steep the peels in rum and brandy in a close crock for twenty-four hours. Squeeze the fruit on sugar; add water and boiling hot new milk; then stir the rum and brandy into the above and run it through a jelly bag until perfectly clear. Bottle and cork at once. It will keep good for some weeks.

MILK PUNCH

10 or 12 lemons.
1 bottle brandy.
1 grated nutmeg.
2 lbs. sugar.
2 bottles rum.
1 pt. lime juice.
1 bottle fresh milk.

Steep rinds cut from lemons in brandy for three days with a grated nutmeg; shake frequently. Dissolve sugar in one and one-half bottles water, add rum, lime juice and the above lemon brandy. Bring one bottle of fresh milk to a boil, and that instant pour it into the other ingredients, stirring constantly. Let stand twenty-four hours and strain through double flannel; cork well. Will keep any time.

CLARET CUP

6 bottles claret.
6 bottles soda water.
4 lemons.
6 wine glasses curaçao.
Sugar to taste.

Peel lemons quite thin, throw the rind in bowl and then squeeze in the lemons; put a lump of ice in bowl first. Then pour claret on top of it, putting claret and soda in last. Sugar to taste. For about fifty people.

CLARET CUP (ARMY RECIPE)

One quart claret, one bottle soda, one-half pound crushed ice, four tablespoons sugar, one-quarter teaspoon grated nutmeg, wineglass of brandy or maraschino.

CAFE FRAPPE

1 qt. strong coffee.
White 1 egg.
Sugar to taste.
Whipped cream.

To coffee sweetened, add the beaten white one egg and freeze. Serve in glasses with whipped cream on top, or with vanilla ice cream.

BLACK, OR AFTER-DINNER COFFEE

One cupful of freshly ground coffee; three large cupfuls of freshly boiled water. Make as directed in last recipe, running through the filter three times. Serve in small cups, and give the drinkers their choice of sugar or no sugar. Black coffee is a good digestive agent and is far more wholesome than coffee mixed with cream or milk.

CAFE AU LAIT

½ cup coffee.
2 cups boiling water.
1½ cups milk.

One-half cupful of ground coffee; two cupfuls of boiling water; one cupful and a half of fresh milk. Make the coffee in the usual way. Strain into a coffee-pot or pitcher, add the milk, scalding hot, and set for five minutes, closely covered, in boiling water. When allowed to cool and then iced this is a favorite beverage at hot-weather luncheons and picnics.

CHOCOLATE

6 tablespoonfuls grated chocolate.
1 pt. boiling water.
1 pt. milk.
Sugar to taste.

Rub the chocolate to a paste with a little cold water, and stir into the hot water. Boil twenty minutes; add the milk and boil ten minutes longer, stirring often. Sweeten in the cups. It is improved by laying upon the surface of each cup a teaspoonful of cream.

COCOA

Boil a pint of water, rub three tablespoonfuls of grated cocoa to a smooth paste with cold water, and stir into the hot water. Boil ten minutes, hard, and pour upon it a pint of hot milk (with a bit of soda in it). Boil for ten minutes longer, stirring and beating well. Sweeten in the cups.

LEMONADE

4 lemons.
4 tablespoonfuls sugar.
1 qt. water, or a bottle of Apollinaris.

Four lemons, rolled, peeled, and sliced; four large spoonfuls of sugar; one quart of water. Put lemons (sliced) and sugar into a pitcher and let them stand for an hour, then add water and ice. If you substitute Apollinaris for plain water you have a most refreshing drink.

ORANGEADE

Make as you would lemonade, but add the juice of a lemon, a few bits of shredded orange-peel, and a slice of pineapple. Orangeade is insipidly sweet without these additions.

RASPBERRY OR BLACKBERRY VINEGAR

Put a gallon of berries into a great crock and crush them well with a potato-beetle or wooden mallet. Cover an inch deep in cider-vinegar. Set in the hot sunshine for a day and leave all night in the cellar. Stir six times during the day of sunning. Strain and squeeze the berries dry and throw them away. Put another gallon of mashed berries into the strained vinegar and leave again in the sun all day and another night in the cellar. On the morrow strain and squeeze the berries and measure the liquid thus gained. For each quart allow a pint of water, and for every pint of the water thus added, five pounds of sugar (you have then five pounds of sugar for every three pints of mingled juice, vinegar, and water). Turn into a porcelain-lined or agate-iron kettle and set over the fire, stirring until the sugar melts. Heat to boiling, and boil hard one minute to throw up the scum. Skim well, take from the fire, strain and, while still warm, bottle. Seal the corks with a mixture of beeswax and resin.

RASPBERRY ROYAL

is made as in the last recipe, but a pint of fine brandy is added to every three quarts of the raspberry vinegar just before it is bottled.

BLACKBERRY CORDIAL

Pound and squeeze enough blackberries through a coarse muslin bag to make a quart of juice. Put this into an agate-iron or porcelain-lined kettle, with a pound of sugar, two teaspoonfuls each of grated nutmeg, cinnamon, and allspice, and one teaspoonful of cloves. Tie the spices up in little thin muslin bags and stir the sugar until dissolved. Set over the fire and cook together, after the boil begins,

fifteen minutes. Take off the scum, turn into a jar, and cover closely while it cools. When perfectly cold strain out the spices and add a pint of good brandy. Bottle and seal. This cordial will keep for years and is valuable in case of summer complaint and other intestinal disorders.

WRITTEN RECIPES

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BUTTER AND CHEESE

TO MAKE BUTTER

Thoroughly scald the churn, then cool well with ice or spring water. Now pour in the thick cream; churn fast at first, then, as the butter forms, more slowly, always with perfect regularity; in warm weather, pour a little cold water into the churn, should the butter form slowly; in winter, if the cream is too cold, add a little warm water to bring to the proper temperature. When the butter has "come," rinse the sides of the churn down with cold water, and take the butter up with the perforated dasher or a wooden ladle, turning it dexterously just below the surface of the buttermilk to catch every stray bit; have ready some very cold water, in a deep wooden tray, and into this plunge the dasher when you draw it from the churn; the butter will float off, leaving the dasher free. When you have collected all the butter, gather behind a wooden butter-ladle, and drain off the water, squeezing and pressing the butter with the ladle; then pour on more cold water, and work the butter with the ladle to get the milk out, drain off the water, sprinkle salt over the butter—a tablespoonful to a pound—work it in a little, and set in a cool place for an hour to harden, then work and knead it until not another drop of water exudes, and the butter is perfectly smooth and close in texture and polish; then with the ladle make up into rolls, little balls, stamped pats, etc.

The churn, dasher, tray and ladle, should be well scalded before using, so that the butter will not stick to them, and then cooled with very cold water.

When you skim cream into your cream jar, stir it well into what is already there, so that it may all sour alike; and no fresh cream should be put with it within twelve hours before churning, or the butter will not come quickly, and perhaps not at all.

Butter is indispensable in almost all culinary preparations. Good, fresh butter, used in moderation, is easily digested; it is softening, nutritious, and fattening, and is far more easily digested than any other of the oleaginous substances sometimes used in its place.

TO MAKE BUTTER QUICKLY

Immediately after the cow is milked, strain milk into clean pans, and set it over a moderate fire until it is scalding hot; do not let it boil; then set it aside; when it is cold, skim off the cream; the milk will still be fit for any ordinary use; when you have enough cream, put it into a clean earthen basin; beat it with a wooden spoon until the butter is made, which will not be long; then take it from the milk and work it with a little cold water, until it is free from milk; then drain off the water, put a small tablespoonful of fine salt to each pound of butter, and work it in. A small teaspoonful of fine white sugar, worked in with the salt, will be found an improvement—sugar is a great preservative. Make the butter in a roll; cover it with a bit of muslin, and keep it in a cool place.

A BRINE TO PRESERVE BUTTER

First work your butter into small rolls, wrapping each one carefully in a clean muslin cloth, tying them up with a string. Make a brine, say three gallons, having it strong enough of salt to bear up an egg; add half a teacupful of pure, white sugar, and one tablespoonful of saltpetre; boil the brine, and when cold strain it carefully. Pour it over

the rolls so as to more than cover them, as this excludes the air. Place a weight over all to keep the rolls under the surface.

PUTTING UP BUTTER TO KEEP

Take of the best pure, common salt two quarts, one ounce of white sugar and one of saltpetre; pulverize them together completely. Work the butter well, then thoroughly work in an ounce of this mixture to every pound of butter. The butter to be made into half-pound rolls, and put into the following brine—to three gallons of brine strong enough to bear an egg, add a quarter of a pound of white sugar.

CURDS AND CREAM

One gallon of milk will make a moderate dish. Put one spoonful of prepared rennet to each quart of milk, and when you find that it has become curd, tie it loosely in a thin cloth and hang it to drain; do not wring or press the cloth; when drained, put the curd into a mug and set in cool water, which must be frequently changed (a refrigerator saves this trouble). When you dish it, if there is whey in the mug, ladle it gently out without pressing the curd; lay it on a deep dish, and pour fresh cream over it; have powdered loaf-sugar to eat with it; also hand the nutmeg grater.

NEW JERSEY CREAM CHEESE

First scald the quantity of milk desired; let it cool a little, then add the rennet; the directions for quantity are given on the packages of "Prepared Rennet." When the curd is formed, take it out on a ladle without breaking it; lay it on a thin cloth held by two persons; dash a ladleful of water over each ladleful of curd, to separate the curd; hang it up to drain the water off, and then put it under a light press for one hour; cut the curd with a thread into small pieces;

lay a cloth between each two, and press for an hour; take them out, rub them with fine salt, let them lie on a board for an hour, and wash them in cold water; let them lie to drain, and in a day or two the skin will look dry; put some sweet grass under and over them, and they will soon ripen.

COTTAGE CHEESE

Put a pan of sour or loppered milk on the stove or range, where it is not too hot; let it scald until the whey rises to the top (be careful that it does not boil, or the curd will become hard and tough). Place a clean cloth or towel over a sieve, and pour this whey and curd into it, leaving it covered to drain two or three hours; then put it into a dish and chop it fine with a spoon, adding a teaspoonful of salt, a tablespoonful of butter and enough sweet cream to make the cheese the consistency of putty. With your hands make it into little balls flattened. Keep it in a cool place. Many like it made rather thin with cream, serving it in a deep dish. You may make this cheese of sweet milk, by forming the curd with prepared rennet.

SLIP

Slip is bonny-clabber without its acidity, and so delicate is its flavor that many persons like it just as well as ice-cream. It is prepared thus: Make a quart of milk moderately warm; then stir into it one large spoonful of the preparation called rennet; set it by, and when cool again it will be as stiff as jelly. It should be made only a few hours before it is to be used, or it will be tough and watery; in summer set the dish on ice after it has jellied. It must be served with powdered sugar, nutmeg and cream.

CHEESE FONDU

1 oz. butter.
1 pt. boiling milk.
2 tablespoonfuls flour.
4 eggs.
1 teaspoonful salt.
½ teaspoonful pepper.
5 oz. grated cheese.

Melt butter, and whisk into it the boiled milk. Dissolve flour in a gill of cold milk, add it to the boiled milk and let it cool. Beat the yolks of eggs with salt, pepper, and grated cheese. Whip the whites of the eggs and add them, pour the mixture into a deep tin lined with buttered paper, and allow for the rising, say four inches. Bake twenty minutes and serve the moment it leaves the oven.

CHEESE SOUFFLE

1 large cup milk.
½ cup breadcrumbs.
1 tablespoonful butter.
Salt and cayenne.
4 tablespoonfuls grated cheese.
2 eggs.

One large cup milk, one-half cup scant bread-crumbs. Set over boiling water, stir till smooth. Take from fire and add butter, grated cheese, salt, cayenne, yolks eggs beaten well. Fold in the whites of eggs well beaten. Bake in buttered dish for twenty minutes in a pan of hot water. Serve at once.

CHEESE SOUFFLE

1 oz. butter.
1 oz. flour.
A pinch cayenne.
A pinch salt.
¼ pt. milk.
3 oz. Parmesan cheese.
3 eggs.

Melt butter in a saucepan; mix smoothly with it flour, salt and cayenne and milk; simmer the mixture gently over the fire, stirring it all the time, till it is as thick as melted

butter; stir into it finely-grated cheese. Turn it into a basin, and mix with it the yolks of two well-beaten eggs. Whisk three whites to a solid froth, and just before the soufflé is baked put them into it, and pour the mixture into a small round tin. It should be only half filled, as the fondu will rise very high. Pin a napkin around the dish in which it is baked, and serve the moment it is baked. It would be well to have a metal cover strongly heated. Time twenty minutes. Sufficient for six persons.

CHEESE SOUFFLE

2 tablespoonfuls butter.
3 tablespoonfuls flour.
½ teaspoonful salt.
Pinch of cayenne.
½ cup milk.
¼ cup old cheese.
3 eggs.

Make same as white sauce; add yolks and cheese, set to cool, then add whites beaten stiff. Put into a greased pudding dish in medium oven, bake fifteen or twenty minutes.

CHEESE SOUFFLE

4 tablespoonfuls grated cheese.
1 gill milk.
3 eggs.
2 tablespoonfuls butter.
2 oz. bread.
½ teaspoonful mustard.
Pepper and salt to taste.

Put the bread and milk on to boil, stir and boil until smooth, add the cheese and butter, stir over the fire for one minute; take off, add seasoning and the yolks of two eggs. Beat the whites of three eggs to a stiff froth and stir them in carefully; pour into a greased baking-dish and bake fifteen minutes in a quick oven.

CHEESE SOUFFLE

1 cup milk.
3 eggs.
1 cup grated cheese.
2 tablespoonfuls flour.
2 tablespoonfuls butter.
Salt and pepper.

Heat butter, stir in the flour, add the hot milk. Cook two minutes. Set away to cool; when cold stir in the cheese and yolks of eggs. Last the whites of the eggs beaten to a stiff froth. Turn into a buttered dish and bake from twenty to twenty-five minutes. Serve in the same dish.

SCALLOPED CHEESE

3 slices bread.
¼ lb. cheese.
Salt and pepper.
4 eggs.
3 cups milk.

Take three slices of bread, well buttered, first cutting off the brown outside crust. Grate fine any kind of good cheese; lay the bread in layers in a buttered baking-dish, sprinkle over each the grated cheese, some salt and pepper to taste. Mix well-beaten eggs with milk; pour it over the bread and cheese. Bake it in a hot oven as you would cook a bread pudding. This makes an ample dish for four people.

CHEESE RAMAKINS

Take the remains or odd pieces of any light puff-paste left from pies or tarts; gather up the pieces of paste, roll it out evenly, and sprinkle it with grated cheese of a nice flavor. Fold the paste in three, roll it out again, and sprinkle more cheese over; fold the paste, roll it out, and with a paste-cutter shape it in any way that may be desired. Bake the ramakins in a brisk oven from ten to fifteen minutes, dish them on a hot napkin, and serve quickly. The appearance of this dish may be very much improved by

brushing the ramakins over with yolk of egg before they are placed in the oven. Where expense is not objected to, Parmesan is the best kind of cheese to use for making this dish.

CAYENNE CHEESE STRAWS

¼ lb. flour.
2 oz. butter.
2 oz. Parmesan cheese.
A pinch of salt.
A little cayenne.
1 egg (yolk).

Mix into a paste with the yolk of an egg. Roll out to the thickness of a silver quarter, about four or five inches long; cut into strips about a third of an inch wide, twist them as you would a paper spill, and lay them on a baking-sheet slightly floured. Bake in a moderate oven until crisp, but they must not be the least brown. If put away in a tin, these cheese straws will keep a long time. Serve cold, piled tastefully on a glass dish. You can make the straws of remnants of puff-pastry, rolling in the grated cheese.

CHEESE CREAM TOAST

Stale bread may be served as follows: Toast the slices and cover them slightly with grated cheese; make a cream for ten slices out of a pint of milk and two tablespoonfuls of plain flour. The milk should be boiling, and the flour mixed in a little cold water before stirring in. When the cream is nicely cooked, season with salt and butter; set the toast and cheese in the oven for three or four minutes, and then pour the cream over them.

CHEESE STRAWS

2 oz. butter.
2 oz. flour.
2 oz. breadcrumbs.
2 oz. cheese.
Salt and cayenne.

Grate the cheese and mix the ingredients into a paste; season with the pepper and salt; roll out very thin and cut into strips quarter of an inch wide and six inches long, then twist several times and lay on a buttered tin dish. Bake about five minutes.

MACARONI AND CHEESE

2 cups macaroni (boiled).
1 tablespoonful butter.
1 tablespoonful flour.
1 cup sweet milk.
3 tablespoonfuls grated cheese.
½ teaspoonful salt.
⅛ teaspoonful cayenne.

Put butter and flour in saucepan, stir until well blended; add milk, stir until it comes to a boil, add salt, pepper and cheese; stir until cheese melts; turn boiled macaroni into the sauce; stir well, turn into a dish, sprinkle with fine bread-crumbs and brown in oven.

CHEESE STRAWS

3 oz. flour.
4 oz. grated cheese (Parmesan is best).
½ tablespoonful salt.
Dash of cayenne.
¼ lb. butter.

Mix flour with grated cheese, add salt, cayenne, and butter. Work this to a smooth paste sufficiently stiff to roll; add a very little water, if necessary. Roll out in very thin strips and cut into straws, place on a greased tin and bake ten minutes in a moderate oven. They must be straw color and very crisp.

CHEESE STRAWS

Two ounces each of butter, flour, bread crumbs and grated cheese, salt and pepper to taste. Mix these ingredients into a paste, roll it a quarter of an inch thick, cut into narrow strips. Bake until a light brown color. Serve cold.

CHEESE STRAWS

2 oz. flour.
2 oz. butter.
3 oz. cheese.
1 egg.
A little salt and cayenne.

Grate the cheese and mix all together; roll out and cut into thin strips with a pastry cutter and bake in a flat tin.

SCALLOPED CHEESE

1 cup bread crumbs.
2 cups milk.
3 eggs.
½ lb. grated cheese.
1 tablespoonful butter.
Salt and pepper.

Roll bread crumbs, soak until soft in milk; mix with eggs beaten light, add grated cheese and butter in small pieces. Salt and pepper to taste. Put all in baking dish and cover the top with sifted bread crumbs which have been buttered, peppered and salted. Bake fifteen minutes.

CHEESE STRAWS

One cup grated cheese, one cup flour, one-half cup butter; rub together and wet with water like pie-paste, roll thin and cut in strips; quick oven; just cut enough at one time for oven.

CHEESE FONDU

1 tablespoonful butter.
1 tablespoonful flour.
Gill hot cream.
3 eggs.
6 tablespoonfuls grated cheese.
Saltspoonful salt.
Pinch cayenne.

Put in a saucepan butter and when melted stir in flour and hot cream. Stir constantly and when thick and smooth stir in grated cheese, salt and cayenne. Turn out into a bowl and beat in the beaten yolks of two eggs. Beat the

whites of three eggs as stiff as possible; have the baking dish heated and buttered, and just fifteen minutes before the fondu is wanted mix in the whites very quickly and lightly and bake. The oven should be hot, but not over hot, and the fondu should rise to twice its original height.

WRITTEN RECIPES

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MISCELLANEOUS

HOT TARTARE SAUCE

1 tablespoonful butter.
1 tablespoonful flour.
Water to make sauce.
Yolk of 1 egg.
1 teaspoonful of vinegar.
1 teaspoonful chopped cucumber pickles.

Melt butter in saucepan; stir in flour, enough boiling water to make it not too thick; let stand to cool five minutes, then drop in yolk of egg and beat up and add a little more butter and water if too thick; then add vinegar and one teaspoonful of chopped pickled cucumber.

APPLE STUFFING

1 pt. tart apple sauce.
1 cup breadcrumbs.
1 onion, chopped.
Salt and pepper.

For roast goose, duck and game.

SALTED ALMONDS

Blanch almonds by pouring boiling water over and allowing them to stand till the skins slip off easily. Lay on tins with small lumps of butter and place in a hot oven, stirring occasionally. When almonds are a golden brown take from oven, sprinkle with fine salt and a pinch of cayenne pepper, cover with another tin and shake thoroughly.

S's.

1 lb. flour.
$\frac{1}{2}$ lb. butter.
$\frac{1}{4}$ lb. sugar.
Yolks 5 eggs.
Almonds crushed.

Mix well together and put on ice to cool; then form into S's; put on ice again till quite hard, then dip into egg and sugar, or almonds. Bake till brown.

LAPLANDS

5 eggs.
1 pt. cream.
1 pt. flour or a little more.

Beat separately the whites and yolks of eggs; add cream and flour enough to make the consistency of pound cake. Bake in small tins in a quick oven and serve very hot.

HUNGRY BOYS' LUNCH

Cut thick slices of bread, set in oven to get warm. Fry sausages in a little dripping until well browned, dredge flour over and when well browned pour in boiling water. Gravy should be thick, rich and plenty of it. Arrange three sausages on each slice and pour gravy over after putting slices on hot plates. A winter dish.

SPAGHETTI

Boil in milk in double boiler till tender and thickening. Add lump of butter, salt, pepper, and for medium sized dish half cup grated cheese and two cups tomatoes. Turn into baking dish, cover with crumbs and brown.

BOUCHEES A LA REINE

½ chicken, minced.
2 oz. ham.
6 mushrooms, minced.
Truffle.
A gill cream.
Yolks 2 eggs.

Make some caisses of puff paste, or line little moulds with the paste. Put into a stewpan white sauce, add the chicken, ham, etc., when it is hot add the cream and lastly stir in the yolks of eggs. Fill the caisses and serve.

BATTER FOR TIMBALES

1 cup flour.
½ pt. milk.
1 egg.
Lard for frying.

Put the flour into a basin; drop in yolk of egg. Stir in the milk by degrees. Whip the white to a stiff froth and add lightly. Dip your hot iron into this and fry in deep boiling lard.

HORSERADISH SAUCE

One-half teaspoon mustard, two teaspoons granulated sugar, salt and pepper to taste, one-quarter cup vinegar, one-quarter cup grated horseradish. Mix mustard and sugar, vinegar, etc.; add radish; three-quarters cup whipped cream.

COLD SAVORY

1 pt. whipped cream.
1 oz. gelatine.
Grated cheese.

Put in tiny moulds when cold, turn out and serve on lettuce leaves, with a slice of tomato under each leaf.

SAVORY

Yolk 1 egg.
1 tablespoonful cream.
1 oz. breadcrumbs.
2 oz. grated cheese.
Pepper, salt and cayenne to taste.
Toasted bread.

Pour the mixture on the toast, brown in oven and serve very hot.

KING KALAKUA'S CURRY FOR SHRIMPS AND CHICKEN

1 cocoanut.
1 clove.
1 piece ginger size of nutmeg.
A little garlic.
A few shreds onion.
2 tablespoonfuls curry.
1 qt. new milk.

Ingredients—Grate cocoanut, clove, garlic and ginger, and add onion, curry powder, and milk. Put all these on stove and let simmer for an hour or so, until all the oil is quite extracted from the cocoanut; strain, pressing the cocoanut quite dry.

For shrimps—Heat again, adding a little butter, salt and corn-starch to bring to consistency of rich, smooth cream, and add the shrimps in time to heat well through.

For chicken or any meat preferred—Omit the onion in the first preparation, which put in the pan with a big spoonful of butter; stir until hot, then add chicken cut in small pieces; stir until the glaze is formed, and add only sufficient water to cook the meat thoroughly and slowly; when done turn into it the curry mixture and thicken with corn-starch. In the tropics rice is always served in a separate dish, to be eaten with any curry, cut limes or lemons, and mango chutney; also "Bombay Ducks," a kind of long, thin, dried fish, about half an inch wide and six inches long, very crisp. These accompaniments are handed together on a tray.

MOUSSE

1 lb. cooked ham.
1 pt. cream.
¼ pt. aspic jelly (liquid).
A very little glaze.
1 liqueur of brandy.
Salt and pepper.

Mode.—Have ready a saucepan with the aspic just warm, mince the ham and pass through a wire sieve, add it to the aspic with the glaze brandy and pepper, whip the cream a little thick and add half a pint; then whisk over a slow fire until the ingredients are well mixed (do not allow it to get too hot), take it off the fire and slowly stir in the remaining half pint of cream; put a little cochineal to make the mousse a nice pink (the color of ham); pour the whole into a soufflé dish and let it stand to get quite cold. When it is quite set, pour over the top a little aspic; let this also set, then ornament with truffles or white of egg. Sufficient for eight persons. Seasonable at any time.

LEMON CHEESE

¼ lb. fresh butter.
3 lemons, juice.
Peel of 1 lemon.
3 eggs well beaten.
1 lb. sugar.

Make in double boiler, boiling to the consistency of thick honey—stirring all the while.

HEAD CHEESE

Take a half dozen pigs' feet and two hocks, clean thoroughly and cut in pieces, and put them in a large pot, and cover them with cold water. When the hocks are very tender remove them and cut up the meat in small pieces, but do not use the fat. Let the pigs' feet cook on, adding a good large onion, and let them reduce. Strain the juice and add it to the meat of the hocks. Put in pepper and salt to taste, and cinnamon and cloves to taste. Put all back in the pot to simmer a few minutes. Add two tablespoonfuls of sherry or more according to taste, and put into moulds.

SPANISH CREAM

3 pts. milk.
1 box gelatine.
Yolks 6 eggs.
8 tablespoonful sugar.
Whites 6 eggs beaten stiff.

Soak gelatine in half of the milk for an hour. Scald the rest of the milk, then stir in the gelatine. The yolks of beaten eggs and eight tablespoons of sugar. Take from the fire and allow to cool, when put in the beaten whites and turn into a mould.

ALEXANDRA ROLL

Butter sparingly some thin brown bread, have ready some cold game or chicken pounded, about a third of its bulk of fresh butter, a few capers, a washed and boned anchovy for every ounce or so of chicken, and a good seasoning of cayenne pepper. Spread the bread and butter with this mixture, roll up cigar fashion, butter the top very lightly and roll half of these (cigars) in finely minced parsley and the other half in lobster coral or coralline pepper.

CANOPE DE LUXE

Lightly butter some round pieces of toasted brown bread and place on each a slice of hard-boiled egg seasoned with oil, vinegar (or lemon juice), coralline pepper and salt. On this place a small teaspoonful of caviar seasoned with oil and lemon juice and top of all a shelled prawn or a stuffed olive.

PLAIN RICE CAKE

2 eggs.
2 large tablespoonfuls sugar.
2 tablespoonfuls melted butter or cream.
2 large cups milk.
3 cups rice, ground.
1 cup flour.
3 teaspoonfuls baking powder.

Beat eggs, add sugar; melted butter or cream; and milk. Mix into a stiff batter with ground rice and flour in proportion of three cups of rice to one of flour; add baking powder last; the sugar may be melted if desired.

ONION SAUCE FOR FOWL OR GAME

4 tablespoonfuls flour.
½ pt. cream or milk.
A pinch of salt.
1 pt. milk.
½ cup chopped onions.

Mix flour and salt with cream. Bring milk to a boil and slowly add the first mixture, stirring gently. When thick, stir in onions cut very fine and boiled very soft.

KIDGRIE, OR DRY CURRY

1 fowl.
Butter and lard.
4 onions.
2 teaspoonfuls curry powder or paste.
1 teacup hot water.

Cut a fowl into pieces the size of a walnut, put into a stewpan with a little lard and stir until nearly cooked. Cut onions into thin slices, place them in another stewpan with a little lard or butter, grill until nicely browned, when add a little more butter or lard, with curry; stir a few minutes.

Then add the contents of the two saucepans together and stir until the meat is sufficiently cooked. After adding a teacup of water, allow to stand a short time before serving.

DECORATION FOR A HOT DAY

A pleasant decoration for a hot day may be made of a block of ice set in a pan deep enough to hold the drippings, but placed on something to raise it above the sides of the pan. The pan should be concealed with moss and ferns, or flowers, arranged around it loosely so as to partly conceal the ice also. A hole cut through the centre of the block of ice, and a flat candle, such as are used in night lamps, placed within it, gives a brilliant and lovely effect. The block of ice should be cut square and weigh at least ten pounds. This decoration is easily managed in the country, where ferns are readily obtainable.

FANCY COOKING

Fancy cooking has an interest quite as engaging as other occupations of diversion. Fine cooking utensils, gas-stoves, and modern conveniences, make the well-appointed kitchen as attractive as the laboratory or workshop. Trying a new dish has the same interest as any other experiment. The construction of ornamental pieces is as interesting as other fancy work. Making puff-paste, ice-creams, fancy moulding of desserts and salads, boiling sugar, etc., are in reality simple processes, and with very little practice found to be as easy to prepare as dishes which from familiarity have come to be called plain cooking. Skill and dexterity of hand may be enjoyed in boning, trussing, and larding, and

taste shown in decorating with truffles and other articles, in moulding with flowers and fruits.

HOW TO STONE OLIVES

With a sharp-pointed knife cut through the olive to the stone on the blossom end and pare off the meat, turning the olive around three times, keeping the knife at not too sharp an angle close to the stone. The meat will then be in one curled piece, which can be pressed into its original shape again.

HOW TO CUT BACON

Place the bacon on a board with the rind down. With a very sharp knife slice the bacon very thin down to the rind, but do not try to cut through it. When enough slices are cut run the knife under, keeping it close to the rind, and the slices will be free.

FURNITURE POLISH

Half a pint of linseed oil, half a pint of vinegar, half a pint of turpentine, half a pint of spirits of wine.

STOVE POLISH

One-half pint of turpentine, one pint of water, one tablespoonful of butter, one tablespoonful of sugar, one box of polish, or rather black lead (six cakes).

POLISH FOR MOROCCO FURNITURE

Scrape down sufficient red castile soap into turpentine to boil into a paste about the consistency of soft soap; then rub on any red morocco furniture with a piece of flannel and rub off very dry. Be careful and watch the mixture while on the stove, as turpentine catches fire very easily. This will keep furniture soft and polished.

HOW TO WASH DISHES

To many women the washing of dishes is always distasteful. The only way in which this can be accounted for is

that the proper method of washing dishes is not generally understood. When a young woman is heard to exclaim, "I hate to wash dishes," it may be taken for granted that she is not a trained worker. When once the correct method of washing them is properly understood the task will lose all its distastefulness and becomes interesting, even if not pleasurable.

Before you begin to wash at all arrange a good, dry place to put your dishes when they are dry. Arrange so that you have room enough without letting clean dishes touch soiled ones or being obliged to put dry dishes on a wet spot.

Begin with the glass, and see that every glass is emptied. Cold water in one, some milk in another, claret in another, will soon make your dishwater unfit to wash anything in. After the glass, take the delicate china cups and saucers and dessert plates. Put your mind on your work. See that each piece before it leaves your hand is clean and dry. By the time the glass and fine china are washed, the water will be chilled, so either throw it out and make fresh suds for the silver, or put it on the stove to reheat while putting the clean dishes away.

When your silver is dry, put it away. Do not let it lie where it will be spattered from the washing of the next things. Now use your own judgment and see whether the water is clean enough and hot enough for the dishes. Never put many dishes to wash in at one time. Put dishes of one kind in at one time and dishes of another kind in at another time. There is economy in the washing of dishes, as well as in everything else, and every good housekeeper's experience has been that the best way of doing it is to make a good hot suds in one pan, have a second pan half filled with very hot water, and as the dish is washed in the suds put it right through the hot water, thus making sure that every part is rinsed, then allow to drain on the draining board,

or in another pan. By the time a panful of dishes are washed, rinsed, and drained, they are still hot enough to wipe, and you will not need more than one or two towels. In making the suds, be careful that it is not too strong, as too much soap quickly takes off color and gilding from the fine china. Never leave the soap in the water. Then you can work rapidly. Change the water when it is necessary.

Never on any account leave the dishes in the water while you go to attend to something else. To do so injures the gilding and coloring. Remember, if you are quick you can do a great deal before the water cools, and you will have to change it only when it is soiled.

THINGS TO REMEMBER

A dash of salt added to the whites of eggs makes them whip better.

Not a speck of the yolk must get into the whites which are to be whipped.

Fold the whipped whites into any mixture rather than stir them in, as the latter method breaks the air cells.

Break eggs one at a time into a saucer, so any can be rejected if necessary and the mixture not be spoiled.

Add a tablespoonful of water to an egg used for crumbing in order to remove the stringiness.

Use a double boiler for milk.

Milk is scalded when the water in the lower pan boils.

A pinch of bi-carbonate of soda mixed with tomato before milk or cream is added prevents the milk from curdling.

With sour milk, or molasses, use soda instead of baking powder.

Milk and butter should be kept in closely covered vessels, as they readily absorb flavor and odor from other articles.

Butter added slowly in small bits to creamy mixtures, or sauces, prevents a greasy line forming.

Crumbs grated directly from the loaf gives a more delicate color than dried crumbs to fried articles.

Dried crumbs absorb more moisture, and are better for watery dishes.

Crumbs spread over the tops of dishes should be mixed evenly with melted butter over the fire; this is a better method than having lumps of butter dotted over the crumbs after they are spread.

When the sauce bubbles through the crumbs on top of a scallop dish, the cooking is completed.

Meat should not be washed. It can be cleaned by rubbing with a wet cloth, or by scraping with a knife.

Drippings are better than water for basting meats.

Meats should not be pierced while cooking.

Soak salt fish with the skin side up over night. Change the water several times.

To skim sauces, draw the saucepan to the side of the fire, throw in a teaspoonful of cold water, and the grease will rise so that it can be easily taken off.

A few drops of onion juice improve made-over meat dishes; not enough need be used to give a pronounced onion flavor.

The skimming from soups, drippings from any beef roasts, and trimmings from any beef, serve the same uses as lard, cottolene, or butter.

To extract onion juice, press the raw surface of an onion against a grater, move it slightly, and the juice will run off the point of the grater.

Chop suet in a cool place, and sprinkle it with flour to prevent its oiling and sticking together. Remove the membrane before chopping it.

Add a few drops of rose-water to almonds to prevent their oiling when chopped or pounded.

To loosen grated peel, or other articles, from the grater, strike the grater sharply on the table.

When mixing a liquid with a solid material, add but little liquid at a time and stir constantly to prevent lumping.

When adding cornstarch, arrowroot, or any starchy material to hot liquid, first mix it with enough cold water, or milk, to make it fluid; pour it in slowly and stir constantly until it becomes clear.

Soak gelatine in a cool place for an hour in cold water or milk. It will then quickly dissolve in hot liquid and have no odor. If jellied dishes do not stiffen, add more gelatine; boiling down will not effect the purpose.

Grease moulds evenly with butter or oil, using a brush. Lumps of butter on the side of moulds leave an uneven surface on the article cooked or moulded in them. Moulds for jellies are not greased.

Invert a dish over a mould before turning it, so that the form will not break; also, place it in exactly the right spot before lifting off the mould.

It is desirable to pass all liquid mixtures through a strainer to make them perfectly smooth.

To keep dishes warm until time for serving, place the saucepan in a pan of hot water.

Any flavoring is added after the mixture is cooked, excepting for baked dishes. Wine increases the taste of salt, therefore, where wine is used for flavoring, very little salt should be put in until after the wine is used, when more can be added if necessary.

Dishes which are to be frozen need an extra amount of sweetening.

Flour raisins before adding them to a mixture in order to prevent their settling to the bottom.

Never slam the oven door, or jar any rising material while it is baking.

Anything being cooked for the second time needs a hot oven.

WRITTEN RECIPES

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DISHES FOR THE SICK

Dishes for invalids should be served in the daintiest and most attractive way; never send more than a supply for one meal; the same dish too frequently set before an invalid often causes a distaste, when perhaps a change would tempt the appetite.

When preparing dishes where milk is used, the condition of the patient should be considered. Long cooking hardens the albumen and makes the milk very constipating; then, if the patient should be already constipated, care should be taken not to heat the milk above the boiling point.

The seasoning of food for the sick should be varied according to the condition of the patient; one recovering from illness can partake of a little piece of roast mutton, chicken, rabbit, game, fish, simply dressed, and simple puddings are all light food and easily digested. A mutton chop, nicely cut, trimmed and broiled, is a dish that is often inviting to an invalid. As a rule, an invalid will be more likely to enjoy any preparation sent to him if it is served in small, delicate pieces. As there are so many small, dainty dishes that can be made for this purpose, it seems useless to try to more than give a small variety of them. Puddings can be made of prepared barley, or tapioca, well soaked before boiling, with an egg added, and a change can be made of light puddings by mixing up some stewed fruit with the puddings before baking; a bread pudding from stale bread-crumbs, and a tiny cup-custard, boiled in a small basin or cup; also various drinks, such as milk punch, wine, whey, apple-toddy, and various other nourishing drinks.

BEEFSTEAK AND MUTTON CHOPS

Select the tenderest cuts, and broil over a clear, hot fire. Let the steak be rare, the chops well done. Salt and pepper; lay between two hot plates three minutes, and serve to your patient. If he is very weak, do not let him swallow anything except the juice, when he has chewed the meat well. The essence of rare beef roasted or broiled, thus expressed, is considered by some physicians to be more strengthening than beef-tea prepared in the usual manner.

BEEF TEA

One pound of lean beef, cut into small pieces. Put into a glass canning-jar without a drop of water; cover tightly, and set in a pot of cold water. Heat gradually to a boil, and continue this steadily for three or four hours, until the meat is like white rags, and the juice all drawn out. Season with salt to taste, and when cold, skim.

VEAL OR MUTTON BROTH

Take a scrag-end of mutton (two pounds), put it in a saucepan, with two quarts of cold water, and an ounce of pearl barley or rice. When it is coming to a boil, skim it well, then add half a teaspoonful of salt; let it boil until half reduced, then strain it, and take off all the fat, and it is ready for use. This is excellent for an invalid. If vegetables are liked in this broth, take one turnip, one carrot, and one onion, cut them in shreds, and boil them in the broth half an hour. In that case, the barley may be served with the vegetables in broth.

OATMEAL GRUEL

Put four tablespoonfuls of the best grits (oatmeal coarsely ground) into a pint of boiling water. Let it boil gently and

stir it often, till it becomes as thick as you wish it. Then strain it, and add to it while warm, butter, wine, nutmeg, or whatever is thought proper to flavor it. Salt to taste. If you make the gruel of fine oatmeal, sift it, mix it first to a thick batter with a little cold water, and then put it into the sauce-pan of boiling water. Stir it all the time it is boiling, lifting the spoon gently up and down, and letting the gruel fall slowly back again into the pan.

ORANGE ALBUMEN

Juice of half an orange, white of an egg, tablespoonful of water, sugar to sweeten; strained through muslin; lemon can be used.

CALVES-FOOT JELLY

4 calves' feet.
⅓ box. gelatine.
Juice of 3 lemons.
Grated rind of 1 lemon.
1 stick of cinnamon.
Sugar to taste.
Whites 4 eggs.
1 pt. sherry.

Four calves' feet. Get the butcher to clean them thoroughly and remove the hoof-horns. If not sufficiently white, pour boiling water over them and scrape with a knife. Divide each foot in half; place over the fire in a preserving pan, three parts full of cold water, adding a pinch of salt. Boil till the meat comes to shreds, adding water occasionally, and the bones separate easily. Strain, set aside to cool (the liquid should measure about two quarts). When cool skim off every particle of fat, rejecting the sediment beneath the jelly. Add one-third of a box of gelatine dissolved in the boiling stock; take off the fire, add the juice of three lemons and grated rind of one, a stick of cinnamon, and sugar to taste. Beat up with these the whites of four eggs and broken shells slightly beaten, set on the fire again and boil a few minutes till a thick scum rises to the top. Set the

pan on the back of the stove one minute, then pour slowly through a flannel jelly bag, returning till the jelly is clear. When finished add a pint of sherry. The bag should be suspended in front of the oven and not moved, or the jelly will be cloudy. Cold air must be excluded.

EGG GRUEL

Beat the yolk of an egg with one tablespoonful of sugar; pour one teacupful of boiling water on it; add the white of an egg, beaten to a froth, with any seasoning or spice desired. Take warm.

MILK PORRIDGE

The same as arrowroot, excepting it should be all milk, and thickened with a scant tablespoonful of sifted flour; let it boil five minutes, stirring it constantly, add a little cold milk, and give it one boil up, and it is ready for use.

ARROWROOT MILK PORRIDGE

1 large cup new milk.
1 cup boiling water.
1 teaspoonful sugar.
1 teaspoonful arrowroot.
A pinch of salt.

Put the sugar into the milk, the salt into the boiling water, which should be poured into a farina-kettle. Add the arrowroot, make into paste with cold water, and boil, stirring constantly until it is clear; put in the milk, and cook ten minutes, stirring often. Give while warm, adding hot milk should it be thicker than gruel.

SLIPPERY-ELM BARK TEA

Break the bark into bits, pour boiling water over it, cover, and let it infuse until cold. Sweeten, ice, and take for summer disorders, or add lemon juice and drink for a bad cold.

FLAX-SEED LEMONADE

To a large tablespoonful of flax-seed, allow a tumbler and a half of cold water. Boil them together till the liquid becomes very sticky. Then strain it hot over a quarter of a pound of pulverized sugar, and an ounce of pulverized gum arabic. Stir it till quite dissolved, and squeeze into it the juice of a lemon. This mixture has frequently been found an efficacious remedy for a cold, taking a wine-glass of it as often as the cough is troublesome.

HOMINY

Put to soak one pint of hominy in two and one-half pints of boiling water over night, in a tin vessel with a tight cover; in the morning add one-half pint of sweet milk, and a little salt. Place on a brisk fire in a kettle of boiling water, the tin vessel containing the hominy; let boil one-half hour.

Cracked wheat, oatmeal, mush, are all good food for the sick.

CHICKEN JELLY

Cook a chicken in enough water to little more than cover it; let it stew gently until the meat drops from the bones, and the broth is reduced to about a pint; season it to taste, with a little salt and pepper. Strain and press, first through a colander, then through a coarse cloth. Set it over the fire again, and cook a few minutes longer. Turn it into an earthen vegetable dish to harden; set it on the ice in the refrigerator. Eat cold in slices. Nice made into sandwiches, with thin slices of bread, lightly spread with butter.

BOILED RICE

Boil half a cupful of rice in just enough water to cover it, with half a teaspoonful of salt; when the water has boiled nearly out and the rice begins to look soft and dry, turn over

it a cupful of milk, and let it simmer until the rice is done and nearly dry; take from the fire and beat in a well-beaten egg. Eat it warm with cream and sugar. Flavor to taste.

SOFT TOAST

Toast well, but not too brown, two thin slices of stale bread; put them on a warm plate, sprinkle with a pinch of salt and pour upon them some boiling water; quickly cover with another dish of the same size, and drain off the water. Put a very small bit of butter on the toast and serve at once while hot.

EGG TOAST

Brown a slice of bread nicely over the coals, dip it in hot water slightly salted, butter it, and lay on the top an egg that has been broken into boiling water, and cooked until the white has hardened; season the egg with a bit of butter and a crumb of salt.

The best way to cook eggs for an invalid is to drop them, or else pour boiling water over the egg in the shell and let it stand for a few minutes on the back of the stove.

OYSTER TOAST

Make a nice slice of dry toast, butter it and lay it on a hot dish. Put six oysters, half a teacupful of their own liquor, and half a cupful of milk, into a tin cup or basin, and boil one minute. Season with a little butter, pepper and salt, then pour over the toast and serve.

MULLED JELLY

Take one tablespoonful of currant or grape jelly; beat with it the white of one egg and a teaspoonful of sugar; pour on it a teacupful of boiling water, and break in a slice of dry toast or two crackers.

CUP CUSTARD

Break an egg into a coffee-cup, put in two teaspoonfuls of sugar, beat it up thoroughly, a pinch of salt and a pinch of grated nutmeg; fill up the cup with good sweet milk; turn it into another cup, well buttered, and set it in a pan of boiling water, reaching nearly to the top of the cup. Set in the oven, and when the custard is set it is done.

CRACKER PANADA

Break in pieces three or four hard crackers that are baked quite brown, and let them boil fifteen minutes in one quart of water; then remove from the fire, let them stand three or four minutes, strain off the liquor through a fine wire sieve, and season it with sugar. This is a nourishing beverage for infants that are teething, and with the addition of a little wine and nutmeg, is often prescribed for invalids recovering from a fever.

BREAD PANADA

Put three gills of water and one tablespoonful of white sugar on the fire, and just before it boils add two tablespoonfuls of the crumbs of stale white bread; stir it well, and let it boil three or four minutes; then add one glass of white wine, a grated lemon and a little nutmeg; let it boil up once, then remove it from the fire, and keep it closely covered until it is wanted for use.

SLIPPERY-ELM TEA

Put a teaspoonful of powdered slippery-elm into a tumbler, pour cold water upon it, and season with lemon and sugar.

TOAST WATER, OR CRUST COFFEE

Take stale pieces of crust of bread, the end pieces of the loaf; toast them a nice, dark brown, care to be taken that

they do not burn in the least, as that affects the flavor. Put the browned crusts into a large milk pitcher, and pour enough boiling water over to cover them; cover the pitcher closely, and let steep until cold. Strain, and sweeten to taste; put a piece of ice in each glass. This is also good, drank warm with cream and sugar, similar to coffee.

POWDERS FOR CHILDREN

A very excellent carminative powder for flatulent infants may be kept in the house, and employed with advantage whenever the child is in pain or griped, dropping five grains of oil of anise-seed and two of peppermint on half an ounce of lump sugar, and rubbing it in a mortar, with a drachm of magnesia, into a fine powder. A small quantity of this may be given in a little water at any time, and always with benefit.

FOR CHILDREN TEETHING

Tie a quarter of a pound of wheat flour in a thick cloth, and boil it in one quart of water for three hours; then remove the cloth and expose the flour to the air or heat until it is hard and dry; grate from it, when wanted, one tablespoonful, which put into half a pint of new milk, and stir over the fire until it comes to a boil, when add a pinch of salt and a tablespoonful of cold water, and serve. This gruel is excellent for children afflicted with summer complaint. Or, brown a tablespoonful of flour in the oven or on top of the stove on a baking-tin; feed a few pinches at a time to a child, and it will often check a diarrhœa. The tincture of "kino"—of which from ten to thirty drops, mixed with a little sugar and water in a spoon, and given every two or three hours, is very efficacious and harmless—can be procured at almost any druggist's. Tablespoon doses of pure cider vinegar, and a pinch of salt, has cured when all else failed.

BLACKKBERRY CORDIAL

This recipe may be found under the head of "Beverages." It will be found an excellent medicine for children teething and summer diseases.

POULTICES

A Bread and Milk Poultice.—Put a tablespoonful of the crumbs of stale bread into a gill of milk, and give the whole one boil up. Or, take stale bread-crumbs, pour over them boiling water and boil till soft, stirring well; take from the fire and gradually stir in a little glycerine or sweet oil, so as to render the poultice pliable when applied.

A Hop Poultice.—Boil one handful of dried hops in half a pint of water, until the half pint is reduced to a gill, then stir into it enough Indian meal to thicken it.

A Mustard Poultice.—Into one gill of boiling water stir one tablespoonful of Indian meal; spread the paste thus made upon a cloth, and spread over the paste one teaspoonful of mustard flour. If you wish a mild poultice, use a teaspoonful of mustard as it is prepared for the table, instead of the mustard flour. Equal parts of ground mustard and flour made into a paste with warm water, and spread between two pieces of muslin, form the indispensable mustard plaster.

A Ginger Poultice.—This is made like a mustard poultice, using ground ginger instead of mustard. A little vinegar is sometimes added to each of these poultices.

A Stramonium Poultice.—Stir one tablespoonful of Indian meal into a gill of boiling water, and add one tablespoonful of bruised stramonium seeds.

Wormwood and Arnica are sometimes applied in poultices. Steep the herbs in half a pint of cold water, and when all their virtue is extracted stir in a little bran or rye-meal to thicken the liquid; the herbs must not be removed from the liquid. This is a useful application for sprains and bruises.

Linseed Poultice.—Take four ounces of powdered linseed, and gradually sprinkle it into a half pint of hot water.

REMEDY FOR BOILS

An excellent remedy for boils is water of a temperature agreeable to the feelings of the patient. Apply wet linen to the part affected, and frequently renew or moisten it. It is said to be the most effectual remedy known. Take inwardly some good blood purifier.

CURE FOR RINGWORMS

Yellow dock, root or leaves, steeped in vinegar, will cure the worst case of ringworm.

EXCELLENT COUGH MIXTURE

One cup of gum, one cup of honey, one cup of lemon juice, one ounce of glycerine; mix well, bottle, and take one teaspoonful when cough is troublesome.

CURE FOR COUGHS

Three newly-laid eggs, unbroken, over which pour the juice of six lemons, and allow to stand for forty-eight hours. Then pick out any bits of eggshell which are not dissolved; add one-half pound of rock candy, and one pint of Jamaica brandy; mix well and bottle. Dose: 1 tablespoonful three or four times a day.

COUGH MIXTURE

One ounce of tincture of benzoin, two wine-glasses of whisky, one cup of molasses. Mix well. One teaspoonful whenever cough is troublesome.

TONIC

One quart of rye whisky, one ounce fluid extract of celery, two ounces fluid extract of hops, half ounce fluid extract of rhubarb, four quarts of cold water. Mix well, and bottle for use. One tablespoonful before each meal and at bedtime.

SOAP LINIMENT

One and one-half ounce soap liniment, one-half ounce turpentine, one-half ounce camphor, one-half ounce hartshorn, one-half ounce spirits of wine; have made up at druggist. Excellent.

REMEDY FOR COUGH

One ounce of Balm of Gilead buds; put in a quart of water and boil down to a pint; add one pint of Bourbon whisky and one pound of loaf sugar.

DANDELION WINE

Four quarts of dandelion flowers; cover with one gallon of water and boil; strain, and when luke-warm add six lemons, four pounds of white sugar and half royal yeast-cake; let it stand about ten days, or until done working, then strain, bottle and seal.

ELLIMAN'S EMBROCATION

One new-laid egg well beaten, add to it by degrees one gill turpentine, one gill vinegar, put in alternately one-half ounce spirits of camphor. Directions for use.—For rheumatism, lumbago, for sore throat, cold in chest, etc., rub in well with hand, night and morning. A flannel may also be soaked in embrocation and put on, covered with a cloth or flannel. Can be used also as a substitute for mustard plaster, as above.

ELLIMAN'S EMBROCATION

Two glasses turpentine, one glass vinegar, one teaspoon salad oil, two raw eggs. Put all in a bottle and shake well for quarter of an hour, when it will be ready for use. Keep it well corked.

REMEDIAL QUALITIES OF COMMON FRUITS

A table giving the remedial qualities of the common fruits and vegetables is herewith appended:—

Celery for any form of rheumatism and nervous dyspepsia.

Lettuce for insomnia.

Water-cress for scurvy.

Onions are almost the best nervine known. Use for insomnia, for coughs and colds, and as a complexion curer. Eaten every other day, they soon have a clearing and whitening effect on the complexion.

Spinach for gravel.

Asparagus to induce perspiration.

Carrots for suffering from asthma.

Turnips for nervous disorders and for scurvy.

Raw beef proves of great benefit to persons of frail constitution, and to those suffering from consumption. It is chopped fine, seasoned with salt, and heated by placing it in a dish in hot water. It assimilates rapidly and affords the best nourishment.

Eggs contain a large amount of nutriment in a compact quickly available form. Beaten up raw with sugar they are used to clear and strengthen the voice. With sugar and lemon juice the beaten white of egg is used to relieve hoarseness.

Cranberries for erysipelas are used externally as well as internally.

Cranberries eaten raw are one of the finest tonics and appetizers known.

In cases of yellow or typhoid fever, cranberries are almost indispensable as a tonic and to assist in clearing the system of the harmful bacteria.

For some forms of dyspepsia there is no more simple and effective remedy than raw cranberries. Carry a supply in the pocket and eat them frequently during the day. They will cure headache as well.

People who are subject to biliousness will find that with cranberries a part of each day's food they will be free from such attacks.

Honey is wholesome, strengthening, cleansing, healing and nourishing.

Fresh ripe fruits are excellent for purifying the blood and toning up the system.

Sour oranges are highly recommended for rheumatism.

Watermelon for epilepsy and for yellow fever.

Lemons for feverish thirst in sickness, biliousness, low fevers, rheumatism, colds, coughs, liver complaints, etc.

Blackberries for diarrhœa.

Tomatoes are a powerful aperient for the liver, a sovereign remedy for dyspepsia and for indigestion.

Tomatoes are invaluable in all conditions in which the use of calomel is indicated.

Figs are aperient and wholesome. They are said to be valuable as a food for those suffering from cancer. They are used externally as well as internally.

Bananas are useful as a food for those suffering from chronic diarrhœa.

Pie-plant is wholesome and aperient; is excellent for rheumatic sufferers and useful for purifying the blood.

Peanuts for indigestion. They are especially recommended for corpulent diabetes. Peanuts are made into a wholesome and nutritious soup, are browned and used as a coffee, are eaten as a relish simply baked, or are prepared and served as salted almonds.

Apples are useful in nervous dyspepsia; they are nutritious, medicinal and vitalizing; they aid digestion, clear the voice, correct the acidity of the stomach, are valuable in rheumatism, insomnia, and liver trouble. An apple contains as much nutriment as a potato, in a pleasanter, more wholesome form.

Grapes dissolve and dislodge gravel and calculi, and bring the stomach and bowels to a healthy condition.

Ripe pineapples have been put upon the list of foods especially healthful for persons troubled with indigestion, the juice being especially valuable in such cases. Shred with a silver fork, and reject all the indigestible core. The juice of a ripe pineapple is an almost invaluable remedy for diphtheria, the acid seeming to dissolve the strangling growth in the throat.

WRITTEN RECIPES

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TOILET RECIPES

COLOGNE WATER

Oil of lavender, two drachms; oil of rosemary, one drachm and a half; orange, lemon and bergamot, one drachm each of the oil; also two drachms of the essence of musk, attar of rose, ten drops, and a pint of proof spirit. Shake all together thoroughly three times a day for a week

JOCKEY CLUB BOUQUET

Mix one pint extract of rose, one pint extract of tuberose, half a pint of extract of cassia, four ounces extract of jasmine, and three ounces tincture of civet. Filter the mixture.

ROSE WATER

Preferable to the distilled for a perfume, or for culinary purposes: Attar of rose, twelve drops; rub it up with half an ounce of white sugar and two drachms carbonate magnesia; then add gradually one quart of water, and two ounces of proof spirit, and filter through paper.

BAY RUM

French proof spirit one gallon; extract bay, six ounces. Mix and color with caramel; needs no filtering.

LAVENDER WATER

Oil of lavender, two ounces; orris root, half an ounce; spirits of wine, one pint. Mix and keep two or three weeks.

It may then be strained through two thicknesses of blotting-paper and is ready for use.

CREAM OF LILIES

Best white castor oil; pour in a little strong solution of sal tartar in water, and shake it until it looks thick and white. Perfume with lavender.

COSMETIC BALM

Half a gill of German cologne, half a gill of alcohol, half a gill of glycerine, one-eighth ounce gum tragacanth, one pint rain-water. Put all except gum in bottle. Heat quarter of a pint of rain-water, add the gum, and let stand half a day. Then mix all the ingredients and bottle for use.

HAIR TONIC

Tincture of cantharides one-half ounce, glycerine one-half ounce, lime water three ounces, distilled water one ounce, eau de cologne one-half ounce. Mix and bottle. This is from a famous English chemist.

POT-POURRI

The "rose jar" is one of the dainty notions which is appreciated by refined taste. Orris root four ounces; oil of cloves or bruised cloves, three ounces; gum benzoin, two ounces; calamus root, four ounces; angelica root, six ounces; oil of cinnamon (true), ten drops; oil of bitter almonds, forty drops; essence of bergamot, one drachm; English oil of lavender, forty drops; oil of verbena, thirty drops. Having gathered fresh rose-leaves to nearly fill the jar, sprinkle some salt through them and leave to stand for a few days. Then pour over them the above mixture. It will perfume the air for years. From a famous English chemist.

CREAM OF ROSES

Olive oil, one pound; attar of roses, fifty drops; oil of rosemary, twenty-five drops; mix, and color it with alkanet root.

COLD CREAM

Melt one ounce oil of almonds, half-ounce spermaceti, one drachm white wax, and then add two ounces of rose-water, and stir it constantly until cold.

LIP SALVE

Melt one ounce white wax, one ounce sweet oil, one drachm spermaceti, and throw in a piece of alkanet root to color it, and, when cooling, perfume it with oil rose, and then pour it into small white jars or boxes.

REMEDY FOR DANDRUFF

Take glycerine four ounces, tincture of cantharides five ounces, bay rum four ounces, water two ounces. Mix, and apply once a day, and rub well down the scalp.

HAIR INVIGORATOR

Bay rum, two pints; alcohol, one pint; castor oil, one ounce; carb. ammonia, half an ounce; tincture of cantharides, one ounce. Mix well. This compound will promote the growth of the hair and prevent it from falling out.

MACCASSAR OIL FOR THE HAIR

Renowned for the past fifty years, is as follows: Take a quarter of an ounce of the chippings of alkanet root, tie this in a bit of coarse muslin, and put it in a bottle containing eight ounces of sweet oil; cover it to keep out the dust; let it stand several days; add to this sixty drops of tincture of

cantharides, ten drops of oil of rose, neroli and lemon each sixty drops; let it stand one week and you will have one of the most powerful stimulants for the growth of the hair ever known.

Another:—To a pint of strong sage tea, a pint of bay rum and a quarter of an ounce of the tincture of cantharides, add an ounce of castor oil and a teaspoonful of rose, or other perfume. Shake well before applying to the hair, as the oil will not mix.

DYE FOR WHITE OR LIGHT EYEBROWS

Boil an ounce of walnut bark in a pint of water for an hour. Add a lump of alum the size of a filbert, and when cold apply with a camel's hair brush.

HAIR WASH

One penny worth of borax, half a pint of olive oil, one pint of boiling water. Pour the boiling water over the borax and oil; let it cool; then put the mixture into a bottle. Shake it before using, and apply it with a flannel. Camphor and borax, dissolved in boiling water and left to cool, make a very good wash for the hair; as also does rosemary water mixed with a little borax. After using any of these washes, when the hair becomes thoroughly dry, a little pomatum or oil should be rubbed in to make it smooth and glossy—that is, if one prefers oil on the hair.

OX-MARROW POMADE FOR THE HAIR

One marrow bone, half a pint of oil, ten cents' worth of citronella. Take the marrow out of the bone, place it in warm water, let it get almost to boiling point, then let it cool and pour the water away; repeat this three times until the marrow is thoroughly "fined." Beat the marrow to a

cream with a silver fork, stir the oil in, drop by drop, beating all the time; when quite cold add the citronella, pour into jars and cover down.

TO INCREASE THE HAIR IN THE BROWS

Clip them and anoint with a little sweet oil. Should the hair fall out, having been full, use one of the hair invigorators.

DINNER GIVING

The chief requisites for a successful dinner party are a very carefully selected group of congenial guests, a choice and well-assorted menu; prompt and watchful, but silent and unobtrusive servants; lights tastefully adjusted, and a host and hostess absolutely at their ease. Even to the folding of the napkins and the temperature of the wines, the etiquette of the dinner party is now exactly prescribed, and the hostess who wanders from the limits of the well-ordained rules will surely find herself led into profitless and embarrassing experiments.

For a ceremonious dinner the company consists of eight, twelve, fourteen or eighteen persons; and the guests must be seated at one table. It is a serious, almost an unforgivable, error to overestimate the capacity of one's dining-room or the powers of one's cook or waitress, and attempt the entertainment of a greater number of people than can be comfortably seated at one's table, and the provision and service of an entertainment too complicated and elaborate for one's facilities. The hour for a dinner, of such formality that the invitations have been issued a fortnight in advance of the chosen evening, is usually seven, seven-thirty, or eight o'clock. A dinner so elaborate that the actual serving of the many courses will occupy over two hours is a great mistake. A hostess should so arrange her menu and drill her servants that one hour and a half only will be spent at table, though in one hour a handsome and very complete feast can be dispatched, without crowding one course too close upon the heels of another. After an hour or an hour and a half the diners are usually well satisfied to leave the atmosphere of the dining-room and

the sight of food. The serving can be successfully accomplished by a butler, a footman and one maid; by a butler and a maid, or by two skillful woman servants. For a dinner of eighteen covers, at least three servants are necessary; for one of twelve covers, two will manage everything nicely, while at one of eight covers a single, capable man or maid, is assisted by a well-trained helper in the pantry, can expeditiously minister to everyone's wants.

The temperature of the dining-room should not be allowed to rise above seventy-five degrees, nor permitted to fall below seventy; and the room should be kept always well ventilated, in order that the air may be always sweet and free of odors from the kitchen. Even in the coldest weather one window at least may well be kept open an inch at top and bottom, until the guests enter. A dining-room heats only too rapidly from the lights, foods and human occupants, and even a sumptuous feast is robbed of all its charm when eaten in a hot, exhaustive atmosphere. If, by chance, an unoccupied room opens into the dining-room, continuous ventilation, without draughts, may be secured by opening the windows in the vacant chamber and shielding the doorway between the two rooms with screens. Gas jets or electric lights swinging above the centre of the table are a tasteless, tactless means of illuminating a dining-room. As a matter of fact, saving and excepting the table and its immediate environs, the room in which a truly enjoyable feast is served must not be lighted at all. The light should be concentrated and so directed, that, while every part of the cloth is in radiant vision, the guests' eyes are at the same time shaded from any painful glare and the buffets, side-table and pantry door thrown into agreeable shadow. Candles or small lamps, with the flame well shaded, produce the softest, steadiest, most comfortable and most becoming light. Incomprehensible as it may sound, there are hostesses who, in obedience to the behests of fashion, provide gorgeous cande-

labra or lamps for their table, yet continue to drown out and neutralize the glow from them by turning on the fierce hard light of the gas or electric chandelier. This is simply to convert a fashion, that really originated in sense and comfort, into a perfect absurdity, and to rob the entertainment of just the refinement and picturesqueness that alone give the private dinner an advantage over a blazing feast spread in some hotel restaurant. Whether lamps or candles are used, they should be lighted at least three minutes before the dinner is announced, in order to make sure that they are in good condition and will burn freely and clearly until the dinner is finished. Candles are far more popular than lamps, because they give quite as soft and steady a light, with less heat. Rose red, white, pale yellow, and very delicate green shades are recommended as yielding the most agreeable reflection.

A square or round table, measuring nearly or all of five feet across, is not at all too extensive for the modern dinner party, wherein at least two feet and a half of the circumference is allotted to the cover of each guest. A long narrow table never lends itself readily to decoration, even under the most skillful hand. In the case of a round table, if the ordinary family board is not large enough to accommodate the number of guests, a larger separate top can be made, to be laid on the fixed smaller one, as special occasions require.

Before the cloth is laid, a thickness of felt or double-faced canton flannel should be placed upon the board; and upon this is spread the cloth itself. A handsome dinner cloth falls in full, long drapery about the table, its four corners almost touching the floor; and as the beauty of a dinner-board depends largely upon the almost mathematical exactness with which all the furnishings are arranged, a good point to start from in determining the proper location of goblets, decanters, and so on, is the central crease in the cloth. At the middle point in this line the large centre

doiley finds its proper place. A square or circular piece of fine napery, lace, or drawn work is best used here; mirror disks and scarfs and circular pieces of linen embroidered in colors are no longer the mode. Occasionally a silver tray is placed at the centre of the table, and on it is set a crystal or silver bowl, or vase filled with flowers. But where the doiley or the tray is chosen for the flat centrepiece, the flowers are still the chief ornament of every table. White blossoms and maiden-hair fern, a sheaf of gorgeous hot-house roses, a flat basket of orchids, a bowl of brilliantly-tinted sweet peas, an inexpensive dish of ferns, or a pot of blossoming violets are any of them appropriate, whether the decoration is built high or kept quite flat. It is the commendable taste of most hostesses to use pink lamp or candle shades, if pink roses have the post of honor, and yellow silk shades when daffodils shed their radiance of color abroad.

When the centre ornament has been artistically adjusted, the candlesticks or lamps are disposed about it. Four candles will thoroughly illuminate a table laid for six or eight. For a table of twelve persons, six sticks or two candelabra, each with three or four branches, will be required. Decanters of wine, salt-cellars, pepper-boxes, compotiers of bonbons, and platters of salted nuts are then located.

Individual salt-cellars and pepper-boxes are not often on dinner tables, but large ones stand, one of each, side by side, somewhere near the four corners of the table. The trays or compotiers of silver, porcelain, or crystal, holding the nuts and sweets, are set between the candlesticks, or a little outside the circle of the candlesticks, toward the edge of the table.

Whatever plan of laying a table is followed, care must be taken that one side exactly matches and balances the other in the number and placing of the various articles, in order to give it a tidy and finished appearance. Care should also be taken not to litter the board with useless objects or dishes

that properly belong on the sideboard. Butter is not served at a ceremonious dinner; in fact, at the modern well-appointed family dinner table it does not appear. Celery, radishes, olives, horseradish, mustard, or any other relish or special seasoning, is passed from time to time by the servant; so also are bread and water. Therefore, carafes and menues, favors, individual bouquets of flowers, and groups of handsome but useless spoons have wisely been banished as clumsy and meaningless.

The requirements in the arrangement of a dinner cover are as follows: The plate should be so placed that if it is decorated, the fruit or flowers of the decoration will be in a natural position to the eye of the person seated before it; or so that if it is adorned with a monogram or crest, this will be right side up to the view of the sitter. On the plate is placed a large white dinner napkin, folded and ironed square, with the monogram corner showing, and with a dinner roll or a square of bread laid between the folds. To the left of the plate three silver forks are laid close together, the points of the prongs turned up. To the right of the plate lie two large silver-handled, steel-bladed knives and one small silver knife, their sharp edges turned toward the plate. Beside the silver knife is laid a soup spoon, with its bowl turned up, and next to the soup spoon lies the oyster fork. Though three forks only are as a rule laid at the left of the plate, a hostess whose supply of silver is equal to almost any reasonable demand may add yet another or lay the covers with only two apiece. The additional fourth fork would be for the fish and of a special shape, that is, shorter than the others, with three flat prongs and the third one on the left broader than the others. If the fish that is to be served can easily be disposed of without the use of the small silver knife at the right of the plate, then this last mentioned utensil should not be supplied.

Nearly touching the tips of the knife-blades stand four

glasses—one a goblet, or tumbler, for water; one a small, very tapering, vase-like glass, for sherry; one, the conventional wine-glass, for claret, and one very tall or very flaring for champagne.

If sauterne or any still white wine is also to be served, to the list of glasses must be added one shaped like the one for claret and tinted a delicate green. If both still water and sparkling water are to be offered, the first mentioned should be served in stemmed goblets and the second in tumblers, and if whisky and water is to be offered to any of the male guests, there must be provided for this clear, thin glass tumblers, very much taller than those used for the mineral water, and perfect cylinders in shape or flaring slightly at their tops. On top of the napkin lies a small gilt-edged card, possibly with a tiny water-color decoration in the corner, and bearing across its length, in the hostess's handwriting, the name of the person for whom the seat is intended. Large dinners seem to require a long list of dishes—for eighteen persons, as many as ten or twelve or fourteen courses; for eight persons, eight or nine courses; six friends meeting round a hospitable board would be well satisfied with six courses. The order of a sumptuous dinner would follow this general routine: 1. Shell fish—small clams or oysters, one-half dozen for each person, laid in their shells on a bed of finely crushed ice. With these are offered red and black pepper, grated horseradish, small thin slices of buttered brown bread or tiny crisp biscuit and quarters of lemon. 2. Soup. 3. A course of hors d'œuvres, such as radishes, celery, olives, and salted almonds. 4. Fish, with potatoes and cucumbers, the latter dressed with oil and vinegar. 5. Mushrooms or sweetbreads. 6. Asparagus or artichokes. 7. Spring lamb, or roast, with a green vegetable. 8. Roman punch. 9. Game with salad. 10. A second entrée. 11. A rich pudding. 12. A frozen sweet. 13. Fresh and crystallized fruit, and bonbons. 14. Coffee and liqueurs.

Leaving out the third, fifth and tenth courses, a menu of proportions sufficiently dignified for a dinner of eight guests remains, while for a simple entertainment it would be enough to begin with soup, followed by fish, a roast, salad, ices, sweetmeats and coffee. Wines are a feature of the greatest importance in dinner-giving. For a dinner of more than eight persons, a white wine, sherry, claret, Burgundy and champagne are provided, one wine, preferably claret, for a small dinner.

White wine is drunk with the first course and sherry with the soup; champagne is offered with fish, and its glasses are replenished throughout the meal. Claret or Burgundy comes in with the game. Sherry and claret are usually decanted, and the cut crystal and silver bottles form part of the decorative furniture of the table. The temperature of these liquids must not be below sixty degrees, and many persons prefer their claret of the same temperature as the dining-room. White wines and Burgundy are best poured from their bottles and served cool but certainly not cold. When a very fine Burgundy is poured the bottles are laid on their sides, each one in its small individual basket, and for hours they are not disturbed in order that all the sediment may fall to the bottom, leaving the rich fluid exceedingly clear. The man or maid servant who pours this wine brings each bottle in its basket to the table and so handles the whole that the bottle may be jostled as little as possible. Champagne is never decanted, and must be poured while very cold—in fact, directly on leaving a bed of ice and salt in which the bottles, as a rule, are packed to their necks for a half hour before dinner. The buckets of salt and ice, holding the bottles of champagne, are placed conveniently in the pantry, and when this wine is to be poured the servant deftly pulls the cork and wraps a fringed white napkin spirally about the bottle, from neck to base. This napkin absorbs the moisture on the bottle's surface and prevents any dripping. An untrained

servant should never be trusted to pour champagne. Liqueurs are served with the coffee, are decanted into cut or gilded glass bottles of special shape and drunk from very small stemmed or tumbler shaped glasses. All liqueurs are equally agreeable when served at the temperature of the drawing-room, though many persons prefer green mint when it is poured into tiny glasses nearly filled with shaved ice. The bottles of liqueur and small glasses are arranged on a silver tray and carried after dinner into the drawing-room when the coffee is taken there.

The service of a dinner should proceed expeditiously—without haste, and yet without long pauses between the courses. When a dinner commences with oysters or clams two plates are laid at each cover; one, a deep plate, contains the shell fish laid on cracked ice, and this is set upon a second plate. If the dinner begins with soup each cover is laid with a flat plate, on which is folded a napkin holding a roll. These things the guests remove when they are seated and the servant then sets upon the first plates, second and deeper ones containing soup. At the conclusion of the soup course all the soup plates are removed, with the plates on which they have stood, and then warm plates for the fish are distributed. After this course a clean plate is placed before each guest before the serving of any course begins, and when the first three forks and knives laid at all the covers, have been used, fresh ones must very naturally be given with each plate. A question troubling many a hostess is whether the clean knives and forks should be put on the fresh plates as they are laid before the guests, or whether the plates should be distributed first and then the knives and forks laid on the cloth beside them. The first course is usually adopted in restaurants and at hotel tables, where rapid service is esteemed above noiseless and deliberate elegance. In a private house, where servants are well trained, one maid distributes the plates and in her rear comes another, to softly lay the knives and forks in their

proper places. Even if one maid serves the dinner she can proceed thus with greater rapidity and silence than if required to set plate, knife and fork all down together. Plates for hot courses must needs be warmed, but hot plates that make one's fingers tingle are an inappropriate evidence of zeal. A well-trained servant presents the dishes at the left hand of every guest in turn, beginning the first course with the lady at the right of the host, and then passing in regular order from gentlemen to ladies as they are seated. After the first course, the dishes are started on their progress about the table at the left hand of a lady, but not always with the lady seated at the host's right, for the same person must not invariably be left to be helped last. At a ceremonious dinner served á la Russe, the host does not carve any of the meats, none of the dishes are set upon the table and the hostess does not help her guests to anything. When a dozen or more persons are dining the serving of a course is expedited by dividing the whole amount of the course on two dishes, which the two servants in waiting would begin to pass simultaneously, from opposite sides and different ends of the table.

When dinner is announced, the host at once offers his right arm to the lady who is to sit at his right. If a dinner is given in honor of a married couple, the host leads the way to the table with his guest's wife, the hostess bringing up the rear with that lady's husband. If there is no particularly distinguished person in the party, the host takes in the eldest lady, or the one who has been invited to the house for the first time. Relatives, or husbands and wives are never sent in together. There should, if possible, be an equal number of men and women guests. If, however, there are eight ladies and seven gentlemen, the hostess should bring up in the rear walking alone; she should never take the other arm of the last gentleman. Those who go into the dining-room together sit side by side; and they can move gently about the table, discover their places by the cards bearing their names

and lying at their respective covers. The host waits a moment until the ladies are seated, then the dinner proceeds. For a very large dinner, the hostess will find it most convenient to prepare beforehand small cards in envelopes, to be given the gentlemen by the butler at the door or in their dressing rooms. On each envelope is inscribed the name of the gentleman for whom it is intended; on the card inside is the name of the lady whom he is to take in to the table. On investigating his card, the recipient can easily identify his table companion, and if he knows her not, can appeal to his host or hostess to introduce him. A plan of the dinner table is often placed in the gentlemen's and ladies' tiring rooms, that all may have an idea of their location. Should one or more guests arrive after the company is seated, the hostess is expected to bow, smile, shake hands, and receive apologies amiably; but does not rise unless the guest is a woman. The host, however, rises, goes forward, assists in seating the delinquent, and endeavors, by making general conversation, to distract attention from the incident. If the arrival is very late, no break is made in serving, the guest being expected to take up the dinner at the point it has reached when he appears, otherwise great confusion arises. At the conclusion of the fruit course, the hostess looks significantly at the lady at the right of her husband, and meeting her glance, nods, smiles and rises. At this movement the gentlemen rise as well, standing aside to permit the ladies to pass out toward the drawing-room. The doors or portières of the door communicating between drawing- and dining-room are then closed, and the butler or waitress carries in the coffee tray to the ladies, following it with a tray holding tiny glasses and decanters of various liqueurs.

In the drawing-room, the ladies resume their gloves at their leisure, accepting or refusing the coffee and liqueurs as their preferences prompt.

In the dining-room, the men sit at ease to smoke and sip

their coffee and wine, drawing down near that end of the table at which the host is established. At a sign from that gentleman, cigars are put aside, and a general exodus from the dining-room takes place.

Such would be the etiquette for the ceremonious and fashionable dinner party; and with a very few changes, a small and less fashionable dining would be conducted on precisely the same lines. There might be fewer servants and fewer courses, simple flowers, and but a quartet of intimate friends; but this change of conditions necessitates but slight alteration in the method of arranging the table, of offering the food, and of arranging the guests.

A hostess who possesses pretty but simple table furniture, and commands the services of but one maid, and a cook of ordinary capabilities, should select a list of dishes which will not be difficult to prepare; oysters, soup, fish, a roast with vegetables, salad, dessert and coffee, if well cooked and temptingly presented, form a feast fit to set before a king. The fish course is completed by potatoes or cucumbers, or both; the salad is possibly preceded by frozen punch and accompanied with game, and for a truly simple dinner the hostess should serve the soup, salad, and dessert, and the host serve the fish and carve the joint and game. A white cloth and centrepiece of flowers, four candles or dinner lamps, one decanter of red wine and two or four small crystal or silver platters, containing bonbons, olives, salted nuts and celery, are the proper furnishings for a board set for a party of six or eight persons. The covers for a simple dinner are, with the exception of fewer wine glasses, arranged as for a fashionable and formal banquet.

If the first course consists of oysters or clams, these should be ready set on the table. If the dinner begins with soup, the hostess should find, when the company enter, the filled and covered tureen and a pile of warm soup plates at her place. So soon as everyone is seated the maid removes the

tureen cover and passes the plates of soup and properly removes the tureen when the last plate has been filled and passed. The first is given to the lady seated on the host's right hand, then to the other ladies, in the order in which they are seated, before the gentlemen are served. A well-instructed waitress does not remove the plates of any course until she sees that every guest has quite finished. The fish and fish plates are set before the master of the house and when each guest has received a portion the waitress passes on her tray a dish of potatoes. If cucumbers are to be eaten with the fish, a small glass saucer should be laid at the left of every cover, and then the maid passes to each guest a glass bowl, in which the cucumber has been prepared.

The master of the house, at a dinner of the simpler sort, carves the roast, and the maid, having deposited the plates containing the meat before each guest, passes the vegetables. The dishes of vegetables never look well on the table. When everyone has had a helping these dishes should be covered, placed on the sideboard and perhaps passed again before the meat course is finished. The roast is, however, left before the carver, if it is his desire to invite the guests to a second helping of meat.

When a frozen punch is served between the roast and salad, the small glass cups, from which it is eaten, are filled in the pantry, each one is set on a dessert plate, on which is laid a teaspoon. If game follows the punch it should be carved by the master of the house and the salad passed by the waitress, so that each guest helps himself directly from the large salad bowl, either on the plates containing the game, or small plates to be set at the right of every guest before the salad goes around.

When neither frozen punch nor game are served the bowl of salad and the plates should be set before the hostess for serving and the maid then passes the cheese and toasted biscuit. The hostess also serves the ice or pudding that forms

the dessert and the waitress passes the cake and finally sets it on the table.

Should claret and a white wine or one red wine only be served with such a meal, the host invites that gentleman whose hand is nearest the decanter to fill the glass of the lady beside him, his own, and then pass the decanter on. Sometimes the waitress, after she has served everyone to soup, fills all the wine glasses and places the decanter near the host, who thereafter sees that it is passed about at proper intervals.

If a fruit course succeeds the dessert the waitress places before every guest a plate on which there lies a doiley; on this a quarter finger bowl of water and beside the bowl a small silver knife. Then to everyone she offers the platter of fruit and finally places it on the table before her master or mistress. The coffee is usually brought in to the table and the hostess pours the beverage. The first duty of the dinner guest is to arrive before the hostess' door on the stroke of the hour named in her invitation. It is almost as embarrassing a blunder to anticipate by ten or twenty minutes the time indicated on the dinner cards as it is to keep the hostess, her delicate viands, and her presumably hungry guests waiting. If one be unavoidably detained, an earnest and brief apology should be offered the hostess; and if the company are already seated at table, it is best, after a short explanation, to take the vacant seat and ignore the subject of the delay.

Guests are privileged to leave at any moment after the dinner is concluded. It is not polite or flattering to a host and hostess to accept their invitations to a ceremonious dinner and hurry away to meet another engagement; but in the gay season, in a big city, where one or two entertainments take place in an evening, a man or woman greatly in demand may linger but ten minutes in the drawing-room after dinner, and then, with explanations and adieux, go on to the next festivity.

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HOUSEKEEPER'S TIME TABLE

	Mode of Preparation.	Time of Cooking.	Time of Digestion.
		H. M.	H. M.
Apples, sour, hard	Raw	.....	2 50
Apples, sweet and mellow	Raw	.....	1 50
Asparagus	Boiled	15 to 30	2 30
Beans (pod)	Boiled	1 00	2 30
Beans with green corn	Boiled	45	3 45
Beef	Roasted	* 25	3 00
Beefsteak	Broiled	15	3 00
Beefsteak	Fried	15	4 00
Beef, salted	Boiled	* 35	4 15
Bass, fresh	Broiled	20	3 00
Beets, young	Boiled	2 00	3 45
Beets, old	Boiled	4 30	4 00
Bread, corn	Baked	45	3 15
Bread, wheat	Baked	1 00	3 30
Butter	Melted	.....	3 30
Cabbage	Raw	.....	2 30
Cabbage and vinegar	Raw	.....	2 00
Cabbage	Boiled	1 00	4 30
Cauliflower	Boiled	1–2 00	2 30
Cake, sponge	Baked	45	2 30
Carrot, orange	Boiled	1 00	3 15
Cheese, old	Raw	.....	3 30
Chicken	Fricasseed	1 00	3 45
Codfish, dry and whole	Boiled	* 15	2 00
Custard (one quart)	Baked	30	2 45
Duck, tame	Roasted	1 30	4 00
Duck, wild	Roasted	1 00	4 50
Dumpling, apple	Boiled	1 00	3 00
Eggs, hard	Boiled	10	3 30
Eggs, soft	Boiled	3	3 00
Eggs	Fried	5	3 30
Eggs	Raw	.....	2 00
Fowls, domestic, roasted, or	Boiled	1 00	4 00
Gelatine	Boiled	.....	2 30

* Minutes to the pound.

HOUSEKEEPER'S TIME TABLE.

	Mode of Preparation.	Time of Cooking.	Time of Digestion.
		H. M.	H. M.
Goose, wild	Roasted	* 20	2 30
Lamb	Boiled	* 20	2 30
Meat and vegetables	Hashed	30	2 30
Milk	Raw	.....	2 15
Milk	Boiled	.....	2 00
Mutton	Roast	* 25	3 15
Mutton	Broiled	20	3 00
Onions	Boiled	1–2 00	3 00
Oysters	Roasted	.....	3 15
Oysters	Stewed	5	3 30
Parsnips	Boiled	1 00	3 00
Pigs' feet	Soused	.....	1 00
Pork	Roast	* 30	5 15
Pork	Boiled	* 25	4 30
Pork, raw or	Fried	.....	4 15
Pork	Broiled	20	3 15
Potatoes	Boiled	30	3 30
Potatoes	Baked	45	3 30
Potatoes	Roasted	45	2 30
Rice	Boiled	20	1 00
Salmon, fresh	Boiled	8	1 45
Sausage	Fried	25	4 00
Sausage	Broiled	20	3 30
Soup, vegetable	Boiled	1 00	4 00
Soup, chicken	Boiled	2 00	3 00
Soup, oyster or mutton	Boiled	† 3 30	3 30
Spinach	Boiled	1–2 00	2 30
Tapioca	Boiled	1 30	2 00
Tomatoes	Fresh	1 00	2 30
Tomatoes	Canned	30	2 30
Trout, salmon, fresh, boiled or	Fried	30	1 30
Turkey, boiled or	Roasted	* 20	2 30
Turnips	Boiled	45	3 30
Veal	Broiled	20	4 00
Venison steak	Broiled	20	1 35

* Minutes to the pound. † Mutton soup.

The time given is the general average; the time will vary slightly with the quality of the article.